

MONTGOMERY COUNTY

Montgomery County  
**RECREATION**  
DEPARTMENT

**Montgomery  
Parks**  
M-N-C-P-P-C



# GUIDE

RECREATION AND PARK PROGRAMS | SUMMER  
2007



laugh



explore



relax



learn



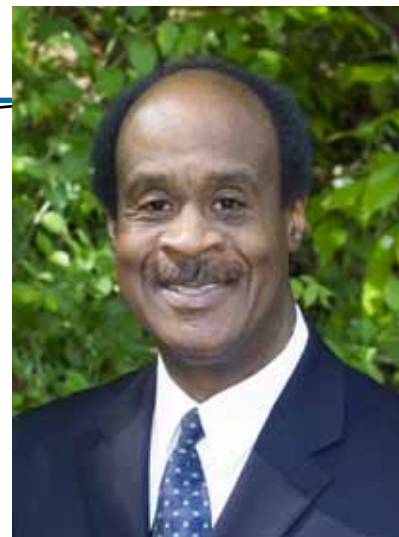
# From the County Executive



## OFFICE OF THE COUNTY EXECUTIVE ROCKVILLE, MARYLAND 20850

Isiah Leggett  
County Executive

Summer 2007



Dear Montgomery County Resident:

Summer is a great time to explore all of the wonderful places, programs and events that Montgomery County has to offer, and there's no better place to start than inside our Summer 2007 Recreation and Parks Guide.

If you're looking for fun programs for your children or grandchildren, check out the variety of camps and summer programs being offered. For the teen set, our Recreation Department has assembled an outstanding line-up of pool parties, concerts and trips, and don't forget the great new skate park at Olney Manor Park.

The outdoor Summer Concert series that begins in June and runs through August offers free entertainment suitable for the whole family. For a complete schedule, check out the website at [www.montgomerycountymd.gov/rec](http://www.montgomerycountymd.gov/rec).

I invite you to join us on July 4 at one of two locations as the County celebrates Independence Day. *Germantown Glory* will take place at the Soccerplex in the South Germantown Recreational Park on Schaeffer Road in Boyds, and *Wheaton Sparkles* will again this year be held at Einstein High School on Newport Mill Road in Kensington. Both events will include family entertainment, food vendors and a spectacular display of fireworks.

Enjoy your summer, and I look forward to seeing many of you around the County.

Sincerely,

A handwritten signature in blue ink that reads "Isiah Leggett".

Isiah Leggett  
County Executive



[www.montgomerycountymd.gov](http://www.montgomerycountymd.gov)

# A look inside...

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Registration begins on  
Monday, May 14.



Swim lesson registration  
begins May 16.

Montgomery County Government is committed to complying with the Americans with Disabilities Act (ADA). If you need auxiliary aids or services (such as large print, electronic format, ASL or cued speech) in order to participate, please call a Mainstream Facilitator (240-777-4925) to discuss your needs.

## Se Habla Espanol

Si está interesado en obtener más información del Departamento de Recreación sobre los programas, proceso de asistencia financiera, actividades, centros recreativos, clases, eventos especiales, o oportunidades de empleo, por favor llamen al 240-777-6839. Ofrecemos una variedad de actividades en donde personas de todas las edades pueden participar. Si tienen ideas o sugerencias de otros tipos de programas, por favor llamen al 240-777-6839.

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Registration begins Tuesday, May 15





# MEET OUR NEW DIRECTOR



## DEPARTMENT OF RECREATION

Isiah Leggett  
*County Executive*

Summer 2007



Dear Montgomery County Resident:

It is an honor and a privilege to present my first quarterly Recreation and Parks Guide as the Director of the Department of Recreation. As a native of Montgomery County I am very familiar with the high level of excellence expected of our government and I look forward to carrying on this tradition.

In my short time here I have greatly enjoyed meeting our staff, talking to residents, visiting many of our facilities, and becoming more familiar with the numerous exciting programs and initiatives that we have to offer. I have been especially impressed at the diversity of our programming and the commitment of our staff to providing excellent customer service. We are committed to meeting the needs of our wonderfully diverse county.

I believe that this year's summer guide is a superb example of this diversity in programming. Our staff has done an excellent job of putting this year's guide together and all that it has to offer. I hope that you will enjoy flipping through its pages and find something that interests you, your family or your friends. We have programs for people of all ages and abilities.

I look forward in the coming months to visiting our summer camps, swimming in our pools, taking in our summer concerts and taking advantage of our outstanding summer opportunities.

Thank you for the opportunity to serve you and have a fantastic summer!

Sincerely

A handwritten signature in black ink, appearing to read "Gabriel Albornoz".

Gabriel Albornoz

Office of the Director

4010 Randolph Road • Silver Spring, Maryland 20902 • 240-777-6800 • 240-777-6803 FAX  
[www.montgomerycountymd.gov/rec](http://www.montgomerycountymd.gov/rec)



# Summer Sounds in the Parks

## Cabin John Regional Park

Tuesday June 12th

**Melanie Mason**

Tuesday June 19th

**The Back Page Band**

Tuesday June 26th ☺

**Flumpa and Friends**

Tuesday July 10th

**Annapolis Blue Grass**

Tuesday July 24

**The Backroads Band**

Tuesday Aug 7th

**David Bach Consort**

Tuesday Aug 21st ☺

**Speed & Thro**

## Wheaton Regional Park

Wednesday June 6th

**Cletus Kennelly and Lori**

Wednesday June 13th ☺

**Flumpa and Friends**

Wednesday June 27th

**Capital Women Accord Chorus**

Wednesday July 11th

**Deep Dreams Band**

Wednesday July 25th

**Ron Gartner**

Wednesday Aug 8

**Navy Cruisers**

Wednesday Aug 29th

**L'Tanya Mari (Jazz)**

☺ Specially suited  
for children  
and families

## MCRD Theater

Sunday June 10th

**Second Story Band**

Sunday June 17th

**Air Force Rock Band**

Sunday June 24th ☺

**Ray Owens**

Sunday July 15

**Deep Dream Band**

Sunday July 29th

**Bobbe Shore & First Call**

Sunday Aug 12th ☺

**Mr. Brian & Boppets**

Sunday Aug 5th

**Air Force Silver Wings**

Sunday Aug 19th

**Project Natale**

## Whalen Park Poolesville

Sunday June 3rd

**The Back Page Band**

Sunday July 15th ☺

**Speed & Thro**

Sunday July 22

**Project Natale**

Sunday Aug 5th ☺

**Mr. Brian & Boppets**

Sunday Aug 26th ☺

**Ray Owens**



Musical entertainment  
for the whole family.  
Bring blankets or lawn chairs,  
maybe a picnic, and enjoy  
one of summer's great joys.

Concerts start at 7:00pm. In case of inclement weather, concert will be cancelled.

Call 240-777-6820 for information or see [montgomerycountymd.gov/rec](http://montgomerycountymd.gov/rec)

# Out & About

## Recreation Happenings Around the County

Date	Name of Event	Time	Location	Fee	Description
					
<i>June</i>					
2	Bauer Drive Games Day	10am-10pm	Bauer Drive Community Center	Free	Games, door prizes and tournaments with prizes. All ages. 301-468-4015
9	Health Freedom Walk	9am	Woodlawn Manor Park	\$20/adults, \$10/age 11-17, under 10 free.	3 mile walk that follows the footsteps of slaves journeying on the Underground Railroad. Families are welcome. 240-777-6826
23	Bauer Drive Community Day Festival	1-6pm	Bauer Drive Community Center	Free	Entertainment, music, children's games and activities, food, and more! All ages. 301-468-4015
<i>July</i>					
4	Wheaton Sparkles & Germantown Glory	7:30pm 4:00pm	Einstein High School South Germantown Recreational Park	Free	See back cover for details.
5, 12, 19, 26	Teen Summer Concert Series	7pm	Aspen Hill Library	Free	Enjoy the great music of local teen bands. For Montgomery County Middle & High School students ages 12-19. School ID required. 240-777-6985



6,13,20,27

**Under 21 Countywide  
Pool Party**

8:30-11pm

Contact us for  
locations.

\$3

Teens can swim, play games, and listen to a DJ play their favorite music. For Montgomery County Middle & High School students ages 12-19 (school ID required) 240-777-6985

8

**Early Ford V8 Classic  
Car Show**

8am-3pm

Longwood  
Community Center

Free

Join us and see as collectors show off their vintage and classic cars. 301-570-1200

14

**Summer Breeze  
Therapeutic Recreation  
Dance**

7pm-10pm

Holiday Park  
Senior Center

\$5 club members,  
\$7 non-members"

For teens and adults, ages 15 & up, with disabilities. DJ, light refreshments, and opportunities for socialization.

240-777-4925



*August*

11

**20th Annual Scotland  
Community Day**

1-7pm

Scotland  
Community Center

Free

Join us for a celebration of the Scotland community, with DJ music, food, games, more! 301-983-4455

13

**Children's Day  
at the Fair**

All Day

County Fair,  
Gaithersburg

Free

Children with severe disabilities or life-threatening illnesses get a chance to be VIPs for the day. See page 88 for details.

240-777-4925

30

**Boat Tour of  
Chesapeake Bay  
Lighthouses**

7:30am-5:30pm

Holiday Park  
Senior Center

\$70

All aboard for the lighthouse tour! Seniors 55+ 240-777-4925





# AQUATICS

The Department of Recreation operates four indoor swimming pools and seven outdoor pools to serve Montgomery County residents. These pools are accessible to individuals with disabilities. You may obtain information regarding schedules and hours of operation of each pool by using our web site or calling the facilities listed below. Swim lessons, swim teams and all other programs are available at each pool, and may be registered online through our web site, or see registration information on page 12.

## Outdoor Pools

**Outdoor Pool phones will not be answered until May 27.**

**Bethesda Pool** 301-652-1598

Little Falls Pkwy & Hillandale Road (near Arlington Road), Bethesda

Facilities include a 6-lane, 50-meter long course Z-shaped main pool with a separate diving well (1-meter and ½-meter diving boards and a small water slide), a new 6-lane 25-meter lap pool, a teach pool, a tot pool, bathhouse, snack bar and lawn areas with shade structures.

**Germantown Outdoor Pool** 301-601-1690

18905 Kingsview Road (at Clopper Road), Germantown

Facilities include an 8-lane, 25-meter main pool with two diving boards, a freeform shallow water leisure pool and two large water flumes and kiddie slide, tot pool, snack bar, bathhouse and lawn areas.

**Long Branch Pool** 301-431-5700

8700 Piney Branch Road (1 block south of University Blvd.), Silver Spring

Includes a 6-lane, L-shaped, 25-meter main pool, junior pool, tot pool, snack bar, bathhouse and lawn areas.

**Martin Luther King Jr. Outdoor Pool** 301-622-1090

1201 Jackson Road, Silver Spring

Facility features a 6-lane, 50-meter L-shaped main pool, with an 8-lane, 25-meter course into the diving area, which offers a 1-meter board. The separate leisure pool consists of a shallow water lagoon with slides and water play features, surrounded by a circular "Lazy River" for riding inner tubes with the current. Also provided are a bathhouse with showers, first aid areas, a separate tot pool and lawn areas with shade structures.

**Wheaton/Glenmont Pool** 301-929-5460

12621 Dalewood Drive (off Randolph Road between Connecticut and Georgia Avenues near Wheaton High School), Wheaton

Facilities include a 6-lane 50-meter main pool and an 8-lane 25-meter swim course, with 1-meter and ½-meter diving boards. A separate shallow water leisure pool has fountains, sprays and kiddie slides. An activity pool has two flume slides and crosswalks. A tot pool, snack bar, bathhouse and lawn areas are also provided.

**Upper County Outdoor Pool** 301-840-2446

8211 Emory Grove Road (at Route 124), Gaithersburg

Facilities include 8-lane 25-meter main pool with two 1-meter diving boards, a separate shallow water leisure pool with a water slide, tot pool, snack bar, bathhouse and lawn areas.

**Western County Outdoor Pool** 301-349-2217

20151 Fisher Avenue, Poolesville

Facilities include an 8-lane, 25-meter main pool with 1-meter and ½-meter diving boards, a separate 2-level shallow water leisure pool with small slides and water umbrella, tot pool, snack bar, bathhouse and lawn areas.

## Schedule of Outdoor Pool Operations

**Pre-season Schedule:** (May 26-June 10) The pools open for recreational swim from 12:00noon to 6:00pm on weekends (and Memorial Day.) Weekdays, the pools are **closed** from May 30-June 9.

**Summer Season:** June 11-August 20, Weekday mornings are programmed with swim lessons, team practices, day care and camp swim. Public recreational swim begins at 1:00pm on weekdays (12:00pm at Western only) and generally ends at 8:00pm. On weekends, the pools open at 12:00noon and close at 8:00pm. From June 11 into August, Bethesda Pool will have an Early Bird Lap Swim on weekdays from 8:30am until 10:30am. Check schedule at the pool. Long Branch Pool and Upper County Pool will be closed on Fridays.

**Post Season:** (August 21-Labor Day) MCPS starts school on August 27. Some pools will close as of August 27, while others operate on limited days and hours. Schedules will be posted at each pool.

Note: Outdoor pools will be closed at times when the air temperature drops below 70 degrees or when there is a rain storm in progress.

## Outdoor Pools Recreational Swim Fees

County Minors: \$4.00

County Seniors (55+) with ID: \$4.50

County Adults: 18-54 yrs old: \$6.00

Twilight Fees (after 5:30pm): All fees reduced

Non-County Resident Fees are higher

Discount admissions are available to County and non-County residents. The patron pays for 10 admissions at regular price and receives 12 admissions (10 paid and 2 free). Check with pool for additional information.

**Summer Pool Passes:** In lieu of paying an admission fee at each visit, a Family Swim Pass is available for Montgomery County families for \$250, which includes husband and wife, (or one parent and one adult guardian), and up to four single legal dependent children under 21 years of age residing at the same address. Add \$20.00 for each additional child. Additional adults are not included in the definition of family, but are eligible for individual passes, or they may pay the daily admission fees. An Individual Swim Pass costs \$170. Program and pass information, as well as admission costs will be available at the county libraries, community centers, and indoor pools after May 1.

Pass application forms may be obtained online or will be mailed from the Recreation Department upon request. Outdoor Pool Passes are valid at all MCRD Outdoor Pools, but are not valid at MCRD Indoor Pools.

# PROGRAMS

## Indoor Pools

The Department of Recreation operates four indoor swimming pools to serve Montgomery County residents. These pools are accessible to individuals with disabilities. Information regarding schedules and hours of operation of each pool may be obtained by using our web site or calling the facilities listed below. Swim lessons, swim teams and all other aquatic programs are available at each pool and may be registered online through our web site, or see registration information on page 15.

**Germantown Indoor Swim Ctr (GISC) 240-777-6830**  
18000 Central Park Circle, Boyds  
(South Germantown Recreational Park)

Includes a 25-meter by 25 yard competition pool, a recreation pool and a leisure pool, as well as two spas, a weight and exercise room, all-purpose room and locker/shower facilities. The competition pool also includes two one-meter and two three-meter diving boards, plus multiple level water slides.



**Martin Luther King, Jr Swim Ctr (MLK) 301-989-1206**  
1201 Jackson Road, Silver Spring  
(off New Hampshire Ave, south of Randolph Rd)

Includes an 8-lane, 25 yard pool with movable bulkhead, allowing for separate diving area with 1- and 3-meter boards, a separate teach pool with shallow water for easy access, 2 spas, weight and exercise room, all purpose room, locker and shower facilities.

**Montgomery Aquatic Center (MAC) 301-468-4211**  
5900 Executive Boulevard, N. Bethesda  
(between Nicholson Ln and Old Georgetown Rd)

Includes an 8-lane, L-shaped main pool, divided into two 25-meter swim areas, a leisure pool, two spas, an interior water slide, a weight and exercise room, locker and shower facilities, and saunas.



**Olney Indoor Swim Center (OSC) 301-570-1210**  
16605 Georgia Avenue, Olney  
(in the Olney Manor Park)

Includes an 8-lane, 25-yard pool and separate diving area with 1- and 3-meter boards, a shallow free form leisure pool, two spas, saunas, weight and exercise room, all purpose room and locker and shower facilities.

## Website Information

Information about Montgomery County Recreation Department pools is available on the Montgomery County website. For indoor swim centers this includes schedules for general pool use, swim lessons, safety training (lifeguard training), Masters Swim Training, SwimMontgomery, Montgomery Dive Club, Water Fitness Classes, and Swim Team.

Go to a web browser and enter: [www.montgomerycountymd.gov/rec](http://www.montgomerycountymd.gov/rec)  
Select the [Programs](#) link, then select the [Aquatics Programs](#) link.

Links to most schedules are listed under each pool's entry. The link to Water Fitness schedules is at the bottom of the page.

## Swimming Instruction

PLEASE CHECK EACH POOL'S LISTINGS FOR LESSON SCHEDULE CHANGES, DUE TO FACILITY CONFLICTS. LESSONS WILL BE HELD ON ALL OTHER DAYS THE FACILITY IS OPEN. PLEASE REGISTER ACCORDINGLY.

There will be no classes the evening of July 4th.

See *Swim Lessons*, beginning on page 15.

## Family Recreational Swims

Recreational and Lap Swim sessions for the entire family are available daily at each pool. Patrons have the option of paying an admission for each entry, or purchasing a Family or Individual Pool Pass. All non-passholders MUST obtain a free Access Card at the Swim Center or at any of our Recreation Department facilities. All users of Montgomery County facilities are required to have an Access Card. Drop by or call the pool nearest you to receive information on schedules, admission fees, and pass prices, or check our website. Groups of more than 6 persons must contact the pool management for additional information. Ask the Cashier about Punch 12 Discount Cards.

## Now Hiring Part Time Staff!

Part-time temporary work is available at the indoor pools for Lifeguards, Instructors, Cashiers and Swim Coaches. Training and certification is available. For more information, contact a facility supervisor at the indoor pool nearest you, or call the Aquatics Office at 240-777-6860.

## Indoor Pool Rentals-Parties

GISC, MAC, OSC, and MLK have times available for rental by groups. Party Rooms are available for rent. Contact the pool managers for available times and fees.



## Water Fitness Classes



Water Exercise, Deep Water Running, Water Aerobics, Arthritis Exercise, Abs & Glutes, and Body Sculpting classes are offered at each indoor pool. For course descriptions, dates, days and times see below or pick up a schedule at any of our pools or call the Aquatics Office of the Recreation Department. The schedule also appears online.

- The program fee covers only the class and locker room use. If you wish to use the facility before or after class you must pay the admission.
- No swimming experience is necessary.
- Both men and women of all ages are welcome.
- Physician release form is required if you are pregnant.
- Physician consultation is recommended prior to participation in any exercise program.
- No classes the evening of July 4.

### Instructors:

Wellness Network: Linda Costello 301-924-3488 [wellnet1@aol.com](mailto:wellnet1@aol.com)  
 Waterworks: Sally Dimsdale 301-593-1609 [sallyswaterworks@msn.com](mailto:sallyswaterworks@msn.com)  
 H2O Fitness: Peggy Brower 301-603-1328 [browsers4@aol.com](mailto:browsers4@aol.com)

### Abs & Glutes

Shallow water class with focus on Abs & Glutes. Water gloves are recommended and can be purchased at class.

**9 Sessions \$48.00**

Instructor: Peggy Brower

187343	M L King SwC	6/4	M	9:30am-10:20am
187344	M L King SwC	6/6	W	9:30am-10:20am

### Aqua Core Power

Aerobic workout focusing on the core, building stamina and strength. Improvements will be made in posture, balance and muscle tone. Strength training is a part of this class. Gloves are recommended and can be purchased from the instructor.

**9 Sessions \$48.00**

Instructor: Peggy Brower

187350	M L King SwC	6/5	Tu	8:30am-9:20am
187351	M L King SwC	6/7	Th	8:30am-9:20am

### Deep Water Running & Exercise

Ideal cardiovascular exercise with no weight bearing stress. Beneficial for cross training and/or rehabilitating persons requiring the cushioning of deep water. Deep Water belt is required and may be purchased at the pool for \$20.

**9 Sessions \$48.00**

Instructor: Peggy Brower

187352	M L King SwC	6/4	M	1:00pm-1:50pm
187365	Germantown In SwC	6/4	M	10:30am-11:20am
187356	M L King SwC	6/5	Tu	7:30am-8:20am
187363	Germantown In SwC	6/5	Tu	8:30pm-9:20pm
187354	M L King SwC	6/6	W	1:00pm-1:50pm
187366	Germantown In SwC	6/6	W	10:30am-11:20am
187357	M L King SwC	6/7	Th	7:30am-8:20am



Water fitness classes offer a great workout for all fitness levels!

187364	Germantown In SwC	6/7	Th	8:30pm-9:20pm
187360	M L King SwC	6/9	Sa	9:00am-9:50am
Instructor: Sally Dimsdale				
187384	Montgomery AqC	6/4	M	8:30am-9:20am
187385	Montgomery AqC	6/4	M	1:30pm-2:20pm
187386	Montgomery AqC	6/5	Tu	10:00am-10:50am
187392	Montgomery AqC	6/5	Tu	7:30pm-8:20pm
187387	Montgomery AqC	6/6	W	8:30am-9:20am
187388	Montgomery AqC	6/6	W	1:30pm-2:20pm
187389	Montgomery AqC	6/7	Th	10:00am-10:50am
187393	Montgomery AqC	6/7	Th	7:30pm-8:20pm
187390	Montgomery AqC	6/8	F	8:30am-9:20am
187391	Montgomery AqC	6/8	F	1:30pm-2:20pm
187394	Germantown In SwC	6/9	Sa	9:30am-10:20am
187358	Bethesda Pool	6/17	Su	8:00am-8:50am
187359	Bethesda Pool	6/18	M	8:00pm-8:50pm
187367	Bethesda Pool	6/20	W	8:00pm-8:50pm

Instructor: Network, Inc Wellness

187375	Olney Swim Ctr	6/4	M	7:00pm-7:50pm
187377	Germantown In SwC	6/4	M	7:30pm-8:20pm
187378	Olney Swim Ctr	6/4	M	6:30am-7:20am
187353	M L King SwC	6/5	Tu	7:00pm-7:50pm
187368	Olney Swim Ctr	6/5	Tu	8:00pm-8:50pm
187369	Olney Swim Ctr	6/5	Tu	8:30am-9:20am
187373	Olney Swim Ctr	6/5	Tu	10:30am-11:20am
187380	Germantown In SwC	6/5	Tu	9:30am-10:20am
187379	Olney Swim Ctr	6/6	W	6:30am-7:20am
187998	Germantown In SwC	6/6	W	8:30am-9:20am
187376	Olney Swim Ctr	6/6	W	7:00pm-7:50pm
187355	M L King SwC	6/7	Th	7:00pm-7:50pm
187370	Olney Swim Ctr	6/7	Th	8:00pm-8:50pm
187371	Olney Swim Ctr	6/7	Th	8:30am-9:20am
187374	Olney Swim Ctr	6/7	Th	10:30am-11:20am
187382	Germantown In SwC	6/7	Th	9:30am-10:20am
187372	Olney Swim Ctr	6/8	F	6:00pm-6:50pm
187383	Olney Swim Ctr	6/9	Sa	9:00am-9:50am





## Water Aerobics

Fast-paced aerobics class done in shallow water. High intensity workout uses water to cushion feet, knees and back. Emphasis on cardiovascular conditioning.

**9 Sessions \$48.00**

Instructor: Sally Dimsdale

187647	Montgomery AqC	6/4	M	9:30am-10:20am
187643	Montgomery AqC	6/5	Tu	8:30am-9:20am
187645	Montgomery AqC	6/6	W	9:30am-10:20am
187644	Montgomery AqC	6/7	Th	8:30am-9:20am
187646	Montgomery AqC	6/8	F	9:30am-10:20am

Instructor: Network, Inc Wellness

187648	Olney Swim Ctr	6/5	Tu	7:00pm-7:50pm
187650	Olney Swim Ctr	6/5	Tu	9:30am-10:20am
187654	Germantown In SwC	6/6	W	7:30pm-8:20pm
187649	Olney Swim Ctr	6/7	Th	7:00pm-7:50pm
187651	Olney Swim Ctr	6/7	Th	9:30am-10:20am
187656	Germantown In SwC	6/7	Th	10:30am-11:20am
187999	Germantown In SwC	6/5	Tu	10:30am-11:20am
188000	M L King SwC	6/5	Tu	8:00pm-8:50pm
188001	M L King SwC	6/7	Th	8:00pm-8:50pm
187652	Germantown Out	6/23	Sa	10:00am-10:50am

## Water Exercise for Arthritis

Specially modified class for those who have arthritis and who cannot participate in regular exercise classes.

**9 Sessions \$48.00**

Instructor: Sally Dimsdale

187674	Montgomery AqC	6/4	M	11:00am-11:50am
187675	Montgomery AqC	6/6	W	11:00am-11:50am
187676	Montgomery AqC	6/8	F	11:00am-11:50am

Instructor: Network, Inc Wellness

187677	Olney Swim Ctr	6/4	M	10:00am-10:50am
187672	M L King SwC	6/5	Tu	10:30am-11:20am
187678	Olney Swim Ctr	6/6	W	10:00am-10:50am
187673	M L King SwC	6/7	Th	10:30am-11:20am
187679	Olney Swim Ctr	6/8	F	10:00am-10:50am

## Water Exercise

Multi-level aerobics class using water resistance to increase range of motion, strengthen muscles and improve cardiovascular fitness. It is not necessary to get your face wet.

**9 Sessions \$48.00**

Instructor: Peggy Brower

187657	M L King SwC	6/4	M	8:30am-9:20am
188499	Germantown In SwC	6/4	M	9:30am-10:20am
187660	Germantown In SwC	6/5	Tu	7:30pm-8:20pm
187658	M L King SwC	6/6	W	8:30am-9:20am
188500	Germantown In SwC	6/6	W	9:30am-10:20am
187661	Germantown In SwC	6/7	Th	7:30pm-8:20pm
187659	M L King SwC	6/8	F	8:30am-9:20am
188501	Germantown In SwC	6/8	F	9:30am-10:20am

Instructor: Sally Dimsdale

187662	Montgomery AqC	6/4	M	8:30pm-9:20pm
187663	Montgomery AqC	6/5	Tu	11:30am-12:20pm
187666	Montgomery AqC	6/5	Tu	8:30pm-9:20pm
187664	Montgomery AqC	6/6	W	8:30pm-9:20pm
187665	Montgomery AqC	6/7	Th	11:30am-12:20pm

Instructor: Network, Inc Wellness

187669	Olney Swim Ctr	6/4	M	8:00pm-8:50pm
187671	Olney Swim Ctr	6/4	M	9:00am-9:50am
187667	Olney Swim Ctr	6/6	W	9:00am-9:50am
187670	Olney Swim Ctr	6/6	W	8:00pm-8:50pm
187668	Olney Swim Ctr	6/8	F	9:00am-9:50am

## Aqua Yoga

Aqua yoga combines the therapeutic and buoyant properties of water with the energizing and harmonizing effect of yoga. Focus is on stretching, balance, deep breathing and relaxation.

**9 Sessions \$48.00**

Instructor: Peggy Brower

188002	M L King SwC	6/22	F	10:00am-10:50am
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## Land-Based Instruction

### Beginner Ball & Pilates

A Stability ball will be used in this class while combining pilates movements on the ball. Class will target the core. Weights and or bands will be used in class. Bands are provided, balls and mats will need to be purchased. Balls are available for \$20.00 at the first class. Please bring a mat.

**9 Sessions \$69.00**

Instructor: Peggy Brower

187846	MLK SwC	6/5	Tu	10:00am-11:00am
187847	MLK SwC	6/7	Th	10:00am-11:00am

### Body Sculpting

A land-based class designed for cross training with water fitness classes. Focus is on Abs, Glutes, legs and upper body

**9 Sessions \$48.00**

Instructor: Sally Dimsdale

187844	Montgomery AqC	6/5	Tu	6:30pm-7:20pm
187845	Montgomery AqC	6/7	Th	6:30pm-7:20pm
187843	Montgomery AqC	6/8	F	7:30am-8:20am

### Pilates (Stretch & Strengthen)

This new class combines strengthening poses, breathing techniques and body alignment to strengthen and lengthen the muscles. It is a perfect way to increase mind-body awareness, decrease stress, and relax the spirit. Please bring mat.

**9 Sessions \$69.00**

Instructor: Sally Dimsdale

187398	Germantown In SwC	6/9	Sa	8:30am-9:30am
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Instructor: Network, Inc Wellness

187396	Olney SwC	6/5	Tu	7:00pm-8:00pm
187397	Olney SwC	6/7	Th	7:00pm-8:00pm
187395	Olney SwC	6/9	Sa	8:30am-9:30am

*Pilates and Ball classes focus on the body's core and stabilizing muscles encouraging a strong, aligned and less stressed body.*



## Competitive Programs

### Rockville Montgomery Swim Club

This year-round, United States Swimming (USAS) affiliated, age group and senior swim team competes through Potomac Valley Swimming (PVS), which is our local swim committee (LSC) for USAS. RMSC offers a rewarding training and competitive experience to swimmers of all ability and interest levels through a schedule of flexible practice times.

Swimmers new to the program must attend a skill assessment and group placement evaluation at the pool of their choice. Coaches will assign practice groups depending on skill level. Swimmers may not begin to practice with their designated group until all registration forms have been completed and all fees have been paid in full. Entry into advanced level groups is available by coaches' invitation only. Those who participated in the program last year may register only for the group with which they practiced last year. No swimmer may change group assignment unless instructed to do so by a coach. The Spring/Summer session of RMSC runs to August 11, 2007. Spring only sessions run to May 25, 2007. Summer practices may change due to scheduling conflicts.

### GERMANTOWN INDOOR SWIM CENTER

For information contact Pam Ambrose at 240-777-6830 or [Pam.Ambrose@montgomerycountymd.gov](mailto:Pam.Ambrose@montgomerycountymd.gov).

**MINIS Spring only (174355)** **\$175**  
M, W, & Th 6:30pm-7:30pm

Recommended attendance: 2/week.

**JUNIORS 1 Spring only (174356)** **\$175**

Tuesday 6:30pm-7:30pm  
Friday 5:00pm-6:00pm  
Sunday 8:00am-9:00am

Recommended attendance: 2/week.

**JUNIORS 2 Spring only (174357)** **\$205**

M & Th 5:30pm-6:30pm  
F 6:30pm-7:30pm  
Sunday 7:00am-8:00am

Recommended attendance: 3/week.

**ADVANCED JUNIORS (174361)** **\$500**

**ADVANCED JUNIORS Spring only (174358)** **\$205**

M, F 6:00pm-7:30pm  
Tu, W 5:30pm-6:30pm  
Sunday 6:00am-7:00am

Required attendance: 3-5/week.

**SENIORS Spring only (174359)** **\$205**

Tuesday 5:15pm-6:15pm  
Wednesday 3:30pm-5:30pm  
Friday 3:30pm-5:00pm

Recommended attendance: 2/week.

**ADVANCED SENIORS (174363)** **\$615**

**ADVANCED SENIORS Spring only (174360)** **\$225**

Monday 3:30pm-5:30pm  
Tuesday 3:45pm-5:15pm  
Wednesday 4:45am-6:15am\*  
Thursday 3:30pm-4:40pm  
Friday 3:45pm-5:15pm  
Saturday 5:30am-7:30am

\* Required practice. Minimum practices required: 5/week.

**NDG (174362)** **\$615**

Tuesday 6:15pm-7:30pm  
Wednesday 6:00pm-7:30pm  
Thursday 4:30pm-5:30pm  
Friday 5:15pm-6:30pm  
Saturday 7:00am-9:00am

Weekday morning practices may be added later.

Minimum practices required: 5/week.

**NTG (174364)** **\$615**

M, W 3:45pm-6:00pm  
Tu, Th 3:30pm-5:30pm  
Saturday 6:00am-9:00am  
M, W, & F 4:45am-6:15am\*

\*Friday practice is required. Minimum practices required: 6/week.

### MONTGOMERY AQUATIC CENTER

For information contact Christa Kruegel at 301-468-4211 or [Christa.Kruegel@montgomerycountymd.gov](mailto:Christa.Kruegel@montgomerycountymd.gov).

**MINIS Spring only (174307)** **\$175**

M, W 6:00pm-7:00pm  
Tu, Th 5:00pm-5:45pm

Recommended attendance: 2+ /week.

**JUNIORS Spring only (174308)** **\$175**

M, W, F 5:00pm-6:00pm  
Sunday 8:45am-10:00am

Recommended attendance: 2+ /week.

**ADVANCED JUNIORS (174312)** **\$500**

**ADVANCED JUNIORS Spring only (174309)** **\$205**

Tu, Th 5:45pm-7:15pm  
Wednesday 6:15pm-7:30pm  
Friday 5:45pm-7:00pm  
Sunday 7:00am-9:00am

Required attendance: 3-5/week.

**SENIORS Spring only (174310)** **\$205**

**OPTION 1**  
M, W, & F 3:30pm-5:00pm  
Tu, Th 4:45am-6:15am  
Sunday 6:00am-8:00am

**OPTION 2**  
Tu, W, & Th 3:30pm-5:00pm  
Tu, Th 4:45am-6:15am  
Sunday 6:00am-8:00am

Recommended attendance 3/week.

**ADVANCED SENIORS (174314)** **\$615**

**ADVANCED SENIORS Spring only (174311)** **\$225**

M - F 3:30pm-5:00pm  
Tu, Th 4:45am-6:15am  
Sunday 6:00am-8:00am

Minimum practices required: 5/week.

**NDG (174313)** **\$615**

M, Tu, Th, & F 6:00pm-7:30pm  
Tu, Th, F 4:45am-6:15am  
Saturday 5:00am-8:00am

Minimum practices required: 5/week.

**NTG (174315)** **\$615**

M, Tu, Th, & F 3:45pm-6:00pm  
Wednesday 3:45pm-6:15pm  
M, Tu, Th, & F 4:45am-6:15am  
Saturday 5:00am-8:00am

Minimum practices required: 7/week.



**MARTIN LUTHER KING, JR. SWIM CENTER**

For information contact MLK at 301-989-1206.

**MINIS Spring only (174316) \$175**

M, W 5:00pm-6:00pm  
Friday 4:30pm-5:30pm

Recommended attendance: 2-3/week.

**JUNIORS Spring only (174317) \$175**

M, W 6:00pm-7:00pm  
Friday 5:30pm-7:00pm  
Sunday 6:00am-8:00am

Recommended attendance: 3/week.

**ADVANCED JUNIORS (181121) \$500**

**ADVANCED JUNIORS Spring only (174318) \$205**

Monday 6:00pm-7:00pm  
W, F 5:00pm-6:30pm  
Sunday 6:00am-8:00am  
Monday 5:30pm-6:00pm DRYLAND

Required attendance: 3-4/week.

Additional dryland practices may be required.

**SENIORS (178702) \$305**

**SENIORS Spring only (174319) \$205**

Tu - F 3:30pm-5:00pm

Recommended attendance: 3/week.

**ADVANCED SENIORS (174323) \$615**

**ADVANCED SENIORS Spring only (174320) \$225**

M - F 3:30pm-5:00pm\*  
Saturday 6:00am-9:00am  
M, W 4:45pm-6:30pm

Minimum attendance required: 5/week.

\* Dryland practice required until 5:45pm.

**NDG (174322) \$615**

Monday 4:00pm-6:00pm  
Tu, Th 5:00pm-6:30pm  
Friday 5:00pm-7:00pm  
Sunday 6:00am-9:00am  
Wednesday 4:45am-6:30am

Minimum attendance required: 5/week.

Dryland practices are required. Times TBA.

**NTG (174324) \$615**

Monday 4:00pm-6:30pm  
Tu, Th 4:30pm-7:15pm  
Wednesday 5:00pm-7:00pm  
Saturday 6:00am-9:00am  
M, W, & F 4:45am-6:30am

Minimum attendance required: 6-7/week.

Dryland practices are required. Times TBA.

**OLNEY SWIM CENTER**

For information contact Carey Apple at 301-570-1210

or [Carey.Apple@montgomerycountymd.gov](mailto:Carey.Apple@montgomerycountymd.gov).

**MINIS Spring only (174325) \$175**

Tu, Th, & F 6:00pm-7:00pm

Recommended attendance: 2/week.

**JUNIORS 1 Spring only (174326) \$175**

Tu, Th 6:00pm-7:00pm  
Sunday 8:00am-9:00am

Recommended attendance: 2/week.

**JUNIORS 2 Spring only (174327) \$205**

M, W 6:00pm-7:00pm  
Friday 5:00pm-6:00pm  
Sunday 7:30am-8:30am

Recommended attendance: 3/week.

**ADVANCED JUNIORS (174331) \$500**

**ADVANCED JUNIORS Spring only (174328) \$205**

Tu, Th, & F 5:00pm-6:00pm  
Wednesday 5:30pm-7:00pm  
Sunday 7:30am-9:00am

Required attendance: 3-5/week.

**SENIORS Spring only (174329) \$205**

Tu - F 3:45pm-5:00pm

Recommended attendance: 3/week.

**ADVANCED SENIORS (174333) \$615**

**ADVANCED SENIORS Spring only (174330) \$225**

M, W, & F 3:45pm-5:30pm  
Tuesday 3:45pm-5:00pm  
Tu, Th 4:45am-6:15am  
Saturday 5:30am-7:30am

Required attendance: 5/week.

**NDG (174332) \$615**

M, F 5:30pm-7:00pm  
Tu, Th 5:00pm-7:00pm  
Sunday 7:00am-9:00am

Minimum practices required: 4/week.

**NTG (174334) \$615**

M - Th 3:45pm-6:00pm  
Friday 3:45pm-5:00pm  
Saturday 6:00am-9:00am  
M, W, & F 4:45am-6:15am

Minimum practices required: 7/week.

**Montgomery Dive Club**

(MDC) is an advanced age-group competitive diving program offered at MLK, MAC, OSC and GISC. Divers prepare to compete in local and national level meets.

An introductory level tower diving program is available at MLK while a full tower training program will be offered at MAC and GISC. Diving lessons and Masters Diving is also offered at MAC. Program flyers are available at each pool, or call MDC at 1-301-829-2303 or visit [www.montgomerydiveclub.org](http://www.montgomerydiveclub.org).

**DIVE TEAM**

5 days per week \$950

187953 GISC 5/21 M-F by invitation only

18751 MAC 5/21 M-F by invitation only

**PRE-TEAM**

1 day per week \$240

2 days per week \$425

3 days per week \$545

4 days per week \$725

187949 MAC 5/21 M-Th 6:00pm-8:00pm (4 days required)

187950 MAC 5/21 M-Th 6:00pm-8:00pm

187959 GISC 5/21 M-Th 6:30pm-7:30pm





## Developmental Swim Team Training

These programs help to provide a transition between swim lessons and swim team participation. They also provide a year-round program for the summer swim team member.

### MCSL Swim Teams

This summer swim team program, sponsored by the Montgomery County Recreation Department, is part of the Montgomery County Swim League (MCSL). The pre-team program is for swimmers 5-8 years old; the competitive program is for swimmers 5-18 years old. Practices are daily and there are weekly meets on Saturday mornings or Wednesday evenings, depending on the participant's skill level. To join, swimmers must be able to complete one length of the pool using a coordinated stroke and rhythmic breathing. Parents and swimmers should attend the registration meeting held at this pool on Tues., May 29, 7:00 PM, RAIN or SHINE.

**\$125.00**

186593	Bethesda Pool	5/30
186594	Gtown Out Pool	5/30
186595	West Cty Pool	5/30
186596	Long Branch	5/30
186597	Wheaton/Glen	5/30
186598	Upper Cty Pool	5/30

### Montgomery Stroke & Turn Clinic

Montgomery Stroke & Turn Clinic (MSTC) is a Sunday evening program which runs from late October to late May. MSTC's program is designed for swimmers 5-18 years old who wish to improve their ability to swim the four competitive strokes, learn correct starts and turns, gain strength and have fun. In order to participate, swimmers MUST be able to swim 25 meters of freestyle without stopping. This program will meet for 22 sessions. The program will begin October 28, 2007 and run to May 18, 2008. There will be no clinic on November 25, December 23 & 30, February 3, March 23 & 30 and two other Sundays that will be announced at the first session. Registration will begin July 11, 2007.

Instructor: clinics MSTC

187693	Montgomery AqC	10/28	Su	6:00pm-7:00pm
187694	Montgomery AqC	10/28	Su	7:00pm-8:00pm
187695	Olney SwC	10/28	Su	5:00pm-6:00pm
187696	Olney SwC	10/28	Su	6:00pm-7:00pm
187697	Olney SwC	10/28	Su	7:00pm-8:00pm
187698	GISC	10/28	Su	6:00pm-7:00pm
187699	GISC	10/28	Su	7:00pm-8:00pm
187700	MLK SwC	10/28	Su	6:00pm-7:00pm
187701	MLK SwC	10/28	Su	7:00pm-8:00pm



## Masters Swim Training

Designed specifically for competitive swimming adults who seek a structured workout with a professional coach. Local or national competition is available for those who wish to compete. Triathletes are welcome. Swimmers need to be proficient in most strokes and advanced enough to circle swim a workout, with an eye toward entering U.S. Masters Swim competition. Training is offered at MLK, MAC, OSC and GISC. For information contact Clay Britt at 301-996-7946 or [clay@claybrittswimming.com](mailto:clay@claybrittswimming.com).

1 day per week	\$80
2 days per week	\$120
3 days per week	\$160
4 days per week	\$205
5 days per week	\$245

171747	GISC	4/23	M,W,F	6:30am-7:30am
			Tu, Th	8:30pm-10:00pm
171749	MAC		Tu, Th	8:30pm-10:00pm
			F	8:30pm-9:30pm
			Su	8:00am-10:00am
171750	OSC		Tu, Th	8:30pm-10:00pm
			Sa	7:30am-9:00am
187748	MLK		M, W	8:30pm-10:00pm
187749	MLK	8/12	T,Th,Su	

## Pool Operator's Course

This course will prepare the student to take the Montgomery County Pool Operators test. Students must be at least 17 years of age. The student must attend all classes. Classes are held at the Recreation Department offices at 4010 Randolph Road, Silver Spring. The second class of each session will be held at the Martin Luther King Jr. Indoor Swim Center. Note: The student must apply to the Department of Health and Human Services for the County Pool Operators License. For further information call 240-777-6860.

<b>5 Sessions</b>	<b>\$70.00</b>
163448 MCRD offices	6/4 M,Tu,W,Th,F 7:00pm-9:30pm
<b>1 Session-Review</b>	<b>\$40.00</b>
163449 Montgomery AqC	5/19 Sa 10:00am-1:00pm

*Exercise your Mind & Body at*

# Lifeguard University

**Aquatics 240-777-6860**

- A FREE course for youth, male and female, age 13 and up who show interest and aptitude to become a lifeguard.
- This course will be offered at several pools.

This free course works to improve swimming skills necessary to enroll in the Lifeguard Training Class. Lifeguard basics will be introduced focusing on what it means to be a professional lifeguard and the opportunities available in aquatics. Students will be encouraged to register for one of our Lifeguard Training courses upon successful completion.

**FREE**

**6 Sessions for each course**

188150	Upper County	7/3	T,Th	3:00pm-4:30pm
188149	Long Branch	7/3	T, Th	11:00am-12:00pm

# Safety Training 2007

Germantown Indoor Swim Center (GISC)	240-777-6830
Martin Luther King Pool (MLK)	301-989-1206
Montgomery Aquatic Center (MAC)	301-468-4211
Olney Swim Center (OSC)	301-570-1210

MCRD - Aquatics offers American Red Cross courses for the potential Aquatics professionals. Participants must meet all prerequisites and attend ALL sessions. Call the facility for further information.

## Lifeguard Training \$100

This course will train you to be certified in American Red Cross Lifeguard Training, CPR for Professional Rescuer and First Aid. This course includes a pre-course check, which will test the students' swimming proficiency. Attendance is required at ALL sessions in order to be certified. Certification for Lifeguard Training and First Aid remains current for 3 years, CPR for 1 year. Students MUST be 15 years old by the last day of the course. Proof of age is required at the first class. The cost of the course is \$100 registration fee (paid when registering) plus a \$50 book fee due in cash at the first class. The pre-course consists of 500 meter swim (200 free, 100 breast, 200 free and/or breast), and swim 20 yards (free or breast) surface dive to 7-10 feet, retrieve a 10-pound object, return to the surface, and swim 20 yards back to starting position with the object. The first date listed for every Lifeguard Training course is a pre-course. You must pass this to continue.



## OLNEY SWIM CENTER

LGT 5		Course # 163435	
Pre-Course	Monday, June 18, 2007	8:00pm	9:30pm
Session 1	Sunday, June 24, 2007	5:00pm	9:00pm
Session 2	Wednesday, June 27, 2007	6:30pm	10:00pm
Session 3	Sunday, July 1, 2007	5:00pm	9:00pm
Session 4	Sunday, July 8, 2007	1:30pm	5:00pm
Session 5	Sunday, July 8, 2007	5:00pm	9:30pm
Session 6	Wednesday, July 11, 2007	6:30pm	10:00pm
Session 7	Sunday, July 15, 2007	5:00pm	9:00pm
Session 8	Wednesday, July 18, 2007	6:30pm	10:00pm
Session 9	Sunday, July 22, 2007	5:00pm	9:00pm

## MONTGOMERY AQUATIC CENTER

LGT 8		Course # 165044	
Pre-Course	Friday, June 8, 2007	6:30pm	8:30pm
Session 1	Sunday, June 10, 2007	9:00am	12:00pm
Session 2	Wednesday, June 13, 2007	6:30pm	9:30pm
Session 3	Friday, June 15, 2007	6:30pm	9:30pm
Session 4	Sunday, June 17, 2007	9:00am	12:00pm
Session 5	Wednesday, June 20, 2007	6:30pm	9:30pm
Session 6	Friday, June 22, 2007	6:30pm	9:30pm
Session 7	Sunday, June 24, 2007	9:00am	12:00pm
Session 8	Wednesday, June 27, 2007	6:30pm	9:30pm
Session 9	Friday, June 29, 2007	6:30pm	9:30pm
Session 10	Sunday, July 1, 2007	9:00am	12:00pm

## GERMANTOWN INDOOR SWIM CENTER

<b>LGT 7</b>		<b>Course # 163443</b>	
Pre-Course	Friday, June 1, 2007	6:00pm	8:00pm
Session 1	Sunday, June 3, 2007	8:00am	12:00pm
Session 2	Sunday, June 3, 2007	12:00pm	4:00pm
Session 3	Wednesday, June 6, 2007	5:00pm	9:00pm
Session 4	Friday, June 8, 2007	5:00pm	9:00pm
Session 5	Sunday, June 10, 2007	8:00am	12:00pm
Session 6	Sunday, June 10, 2007	12:00pm	4:00pm
Session 7	Wednesday, June 13, 2007	5:00pm	9:00pm
Session 8	Friday, June 15, 2007	5:00pm	9:00pm
Session 9	Sunday, June 17, 2007	8:00am	12:00pm
Session 10	Sunday, June 17, 2007	12:00pm	4:00pm

LGT 8		Course # 163444	
Pre-Course	Thursday, June 14, 2007	6:00pm	8:00pm
Session 1	Saturday, June 16, 2007	8:00am	12:00pm
Session 2	Saturday, June 16, 2007	12:00pm	4:00pm
Session 3	Monday, June 18, 2007	8:00am	12:00pm
Session 4	Tuesday, June 19, 2007	8:00am	12:00pm
Session 5	Wednesday, June 20, 2007	8:00am	12:00pm
Session 6	Thursday, June 21, 2007	8:00am	12:00pm
Session 7	Friday, June 22, 2007	8:00am	12:00pm
Session 8	Saturday, June 23, 2007	8:00am	12:00pm
Session 9	Sunday, June 24, 2007	8:00am	12:00pm



*Lifeguarding will help you develop skills and experience that will help you prepare for your future.*

## Just moved to Montgomery County?

We have programs, classes, clinics and activities for all ages. Browse through the Guide. . . see what we have to offer!

Want to learn more?

Please call our Customer Service desk at 240 777-6840.

## Ways to Register for Swim Lessons



**RecWeb** Online registration at <http://recweb.montgomerycountymd.gov>. Internet users must pay their account in full. If you need additional information, call 240-777-6840.

**Online registration is recommended.** Please create your family account by March 1. This will ensure that you have your account information and PIN for the registration date. PIN number is needed to register. See below or call 240-777-6840



**Walk in at Aquatics Facilities** Registrations can be processed at any of our pools.



**Full Service in person:**

Montgomery County Recreation Department  
Administrative Office  
4010 Randolph Road  
Silver Spring, MD 20902-1099

Monday-Friday, 8:30am-5:00pm



**Fax 240-777-6818** Faxed registrations must be paid by VISA or MasterCard. Due to high volume, we are unable to confirm receipt of faxes. To avoid duplication, do not mail your original form.

**Indoor Pool Swim Lesson Registration processing will begin May 16, 2007, at 6:30am.**

Non-County residents registration begins May 17. No registrations will be processed before this time.

**Outdoor Pool Swim Lesson** Registration processing will begin Monday, June 4, 2007 at 6:30am.

Non-county residents registration begins June 5. Outdoor Pools will be open for registration June 4 from 6:30am–7:00pm and June 5 from 3:00pm–7:00pm. Registration at the pools will then continue during operating hours. Other methods of registration will be continuous. Phones will only be answered during operating hours. See the outdoor pool schedules on page 6.

Please note the following:

- Parents...in order to assist us in offering a quality program for your child, we ask that you do not remain at the class unless it is otherwise stated in the description. Experience has shown that children are easily distracted due to their short attention spans. Thank you for your cooperation.
- The fee covers only the lessons and no other use of the facility.
- Participants may enter the pool area only 10 minutes before the start of class.
- Lesson questions should be directed to the facility where you wish to enroll.
- Withdrawal policies will be STRICTLY followed and applies to class transfers.
- Observation is allowed from designated areas ONLY. At some facilities clear observation may not be possible.

## Swim Lessons

### Swimming Instruction

**Swim lessons** for all ages and swimming abilities are offered at indoor pools. Swim lesson fees range from \$45 to \$55 depending on the level and the number of participants. Non-County residents are charged an additional \$10 fee.

**Children's Swim Lessons** for all levels and ages may be offered in two, three, or six week sessions.

**Adult Group Lessons** for all levels may be offered on weekday evenings or on weekends.

PLEASE CHECK EACH POOL'S LISTINGS FOR LESSON SCHEDULE CHANGES, DUE TO FACILITY CONFLICTS. LESSONS WILL BE HELD ON ALL OTHER DAYS THE FACILITY IS OPEN. PLEASE REGISTER ACCORDINGLY.

There will be no evening classes on July 4th.





## Germantown Indoor Swim Center

Phone: 240-777-6830

Registration begins May 16. Swim lessons for all ages and abilities. Screening is available to evaluate the students abilities. Please call the lesson coordinator at 240-777-6830 to schedule a time (bring a suit and towel). Please read the course descriptions carefully. Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs. THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES. Courses meet for six 30 minute sessions. No classes the evening of July 4th.

See page 14 for registration information.



### GISC-Waterbabies

Designed for children 6-18 months. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions		\$45.00			
186757	Germantown ISC	6/18	M, W, F	10:20am-10:50am	
186758	Germantown ISC	6/19	Tu, Th	9:40am-10:10am	
186754	Germantown ISC	6/23	Sa	10:20am-10:50am	
186755	Germantown ISC	6/23	Sa	11:40am-12:10pm	
186756	Germantown ISC	6/24	Su	9:40am-10:10am	
186759	Germantown ISC	7/2	M, W, F	10:20am-10:50am	
186760	Germantown ISC	7/10	Tu, Th	11:00am-11:30am	
186761	Germantown ISC	7/16	M, W, F	10:20am-10:50am	
186762	Germantown ISC	7/30	M, W, F	10:20am-10:50am	

### GISC-Aquatots

Designed for children 18 months-3 years of age. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions		\$45.00			
186657	Germantown ISC	6/18	M, W, F	9:40am-10:10am	
186658	Germantown ISC	6/18	M, W, F	11:00am-11:30am	
186659	Germantown ISC	6/19	Tu, Th	9:00am-9:30am	
186660	Germantown ISC	6/19	Tu, Th	11:00am-11:30am	
186661	Germantown ISC	6/20	W	6:10pm-6:40pm	
186662	Germantown ISC	6/21	Th	5:30pm-6:00pm	
186652	Germantown ISC	6/23	Sa	9:00am-9:30am	
186653	Germantown ISC	6/23	Sa	9:40am-10:10am	

186654	Germantown ISC	6/23	Sa	10:20am-10:50am	
186655	Germantown ISC	6/24	Su	9:00am-9:30am	
186656	Germantown ISC	6/24	Su	11:00am-11:30am	
186664	Germantown ISC	7/2	M, W, F	9:40am-10:10am	
186663	Germantown ISC	7/10	Tu, Th	10:20am-10:50am	
186667	Germantown ISC	7/10	Tu, Th	9:00am-9:30am	
186665	Germantown ISC	7/16	M, W, F	11:00am-11:30am	
186666	Germantown ISC	7/16	M, W, F	9:40am-10:10am	
186668	Germantown ISC	7/30	M, W, F	9:40am-10:10am	

### GISC-Pre-School

Designed for children 3-5 years of age. Basic water adjustment continues, but simple water skills are now emphasized. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions		\$45.00			
186745	Germantown ISC	6/18	M, W, F	9:00am-9:30am	
186746	Germantown ISC	6/19	Tu, Th	10:20am-10:50am	
186747	Germantown ISC	6/19	Tu	5:30pm-6:00pm	
186742	Germantown ISC	6/23	Sa	11:00am-11:30am	
186743	Germantown ISC	6/24	Su	10:20am-10:50am	
186744	Germantown ISC	6/24	Su	11:40am-12:10pm	
186748	Germantown ISC	7/2	M, W, F	9:00am-9:30am	
186749	Germantown ISC	7/2	M, W, F	11:00am-11:30am	
186750	Germantown ISC	7/10	Tu, Th	9:40am-10:10am	
186751	Germantown ISC	7/16	M, W, F	9:00am-9:30am	
186752	Germantown ISC	7/30	M, W, F	9:00am-9:30am	
186753	Germantown ISC	7/30	M, W, F	11:00am-11:30am	

### GISC-Pre-Beginner-Level 1

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who need to learn basic water adjustment skills. Class size is limited to 5 students.

6 Sessions		\$54.00			
186680	Germantown ISC	6/18	M, W, F	9:00am-9:30am	
186681	Germantown ISC	6/18	M, W, F	9:40am-10:10am	
186682	Germantown ISC	6/18	M, W, F	11:00am-11:30am	
186683	Germantown ISC	6/18	M	5:30pm-6:00pm	
186684	Germantown ISC	6/18	M	6:10pm-6:40pm	
186674	Germantown ISC	6/19	Tu, Th	9:00am-9:30am	
186675	Germantown ISC	6/19	Tu	6:10pm-6:40pm	
186689	Germantown ISC	6/19	Tu, Th	9:40am-10:10am	
186690	Germantown ISC	6/19	Tu, Th	11:00am-11:30am	
186685	Germantown ISC	6/20	W	5:30pm-6:00pm	
186686	Germantown ISC	6/20	W	6:10pm-6:40pm	
186687	Germantown ISC	6/21	Th	5:30pm-6:00pm	
186688	Germantown ISC	6/21	Th	6:10pm-6:40pm	
186669	Germantown ISC	6/23	Sa	9:00am-9:30am	
186670	Germantown ISC	6/23	Sa	9:40am-10:10am	
186671	Germantown ISC	6/23	Sa	10:20am-10:50am	
186672	Germantown ISC	6/23	Sa	11:00am-11:30am	
186673	Germantown ISC	6/23	Sa	11:40am-12:10pm	
186676	Germantown ISC	6/24	Su	9:40am-10:10am	
186677	Germantown ISC	6/24	Su	10:20am-10:50am	
186678	Germantown ISC	6/24	Su	11:00am-11:30am	
186679	Germantown ISC	6/24	Su	11:40am-12:10pm	
186691	Germantown ISC	6/24	Su	9:00am-9:30am	
186692	Germantown ISC	7/2	M, W, F	9:40am-10:10am	
186693	Germantown ISC	7/2	M, W, F	11:00am-11:30am	
186694	Germantown ISC	7/10	Tu, Th	9:00am-9:30am	
186695	Germantown ISC	7/10	Tu, Th	10:20am-10:50am	
186696	Germantown ISC	7/16	M, W, F	9:00am-9:30am	
186697	Germantown ISC	7/16	M, W, F	10:20am-10:50am	
186698	Germantown ISC	7/30	M, W, F	11:00am-11:30am	



*Each swim lesson series gradually and safely introduces your child to the water.*

**GISC-Pre-Beginner-Level 2**

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 6 students.

**6 Sessions \$52.00**

186706	Germantown ISC	6/18	M, W, F	9:00am-9:30am
186707	Germantown ISC	6/18	M, W, F	11:00am-11:30am
186710	Germantown ISC	6/18	M	5:30pm-6:00pm
186708	Germantown ISC	6/19	Tu, Th	9:00am-9:30am
186709	Germantown ISC	6/19	Tu, Th	10:20am-10:50am
186711	Germantown ISC	6/19	Tu	5:30pm-6:00pm
186712	Germantown ISC	6/20	W	5:30pm-6:00pm
186699	Germantown ISC	6/23	Sa	9:00am-9:30am
186700	Germantown ISC	6/23	Sa	9:40am-10:10am
186701	Germantown ISC	6/23	Sa	11:40am-12:10pm
186702	Germantown ISC	6/24	Su	9:00am-9:30am
186703	Germantown ISC	6/24	Su	10:20am-10:50am
186704	Germantown ISC	6/24	Su	11:00am-11:30am
186705	Germantown ISC	6/24	Su	11:40am-12:10pm
186713	Germantown ISC	7/2	M, W, F	9:00am-9:30am
186714	Germantown ISC	7/2	M, W, F	10:20am-10:50am
186715	Germantown ISC	7/10	Tu, Th	9:40am-10:10am
186719	Germantown ISC	7/10	Tu, Th	11:00am-11:30am
186716	Germantown ISC	7/16	M, W, F	9:40am-10:10am
186717	Germantown ISC	7/16	M, W, F	10:20am-10:50am
186718	Germantown ISC	7/30	M, W, F	9:00am-9:30am

**GISC-Pre-Beginner-Level 3**

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 6 students.

**6 Sessions \$52.00**

186722	Germantown ISC	6/18	M, W, F	9:40am-10:10am
186723	Germantown ISC	6/18	M, W, F	10:20am-10:50am
186727	Germantown ISC	6/18	M	5:30pm-6:00pm
186725	Germantown ISC	6/19	Tu, Th	9:40am-10:10am
186726	Germantown ISC	6/19	Tu, Th	11:00am-11:30am
186728	Germantown ISC	6/20	W	5:30pm-6:00pm
186729	Germantown ISC	6/21	Th	5:30pm-6:00pm
186720	Germantown ISC	6/23	Sa	11:40am-12:10pm
186721	Germantown ISC	6/24	Su	9:40am-10:10am
186724	Germantown ISC	7/2	M, W, F	10:20am-10:50am
186730	Germantown ISC	7/2	M, W, F	9:00am-9:30am
186731	Germantown ISC	7/10	Tu, Th	10:20am-10:50am
186732	Germantown ISC	7/16	M, W, F	9:00am-9:30am
186733	Germantown ISC	7/30	M, W, F	9:40am-10:10am

**GISC-Pre-Beginner-Level 4**

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a coordinated front and back crawl for 15 yards (the width of the pool) and are comfortable in deep water. Class size is limited to 6 students.

**6 Sessions \$52.00**

186735	Germantown ISC	6/18	M, W, F	10:20am-10:50am
186736	Germantown ISC	6/19	Tu, Th	10:20am-10:50am
186737	Germantown ISC	6/19	Tu	5:30pm-6:00pm
186734	Germantown ISC	6/23	Sa	11:00am-11:30am
186738	Germantown ISC	7/2	M, W, F	9:40am-10:10am
186739	Germantown ISC	7/10	Tu, Th	11:00am-11:30am
186740	Germantown ISC	7/16	M, W, F	11:00am-11:30am
186741	Germantown ISC	7/30	M, W, F	10:20am-10:50am

**GISC-Youth-Level 1**

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who need to learn basic water adjustment skills. Class size is limited to 8 students.

**6 Sessions \$47.00**

186766	Germantown ISC	6/18	M, W, F	9:00am-9:30am
186767	Germantown ISC	6/18	M	6:10pm-6:40pm
186768	Germantown ISC	6/19	Tu	6:10pm-6:40pm
186763	Germantown ISC	6/23	Sa	9:00am-9:30am
186764	Germantown ISC	6/24	Su	9:00am-9:30am
186765	Germantown ISC	6/24	Su	11:00am-11:30am
186769	Germantown ISC	7/2	M, W, F	9:00am-9:30am
186770	Germantown ISC	7/2	M, W, F	11:00am-11:30am
186771	Germantown ISC	7/10	Tu, Th	9:00am-9:30am
186772	Germantown ISC	7/16	M, W, F	9:40am-10:10am
186773	Germantown ISC	7/30	M, W, F	9:00am-9:30am

**GISC-Youth-Level 2**

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 8 students.

**6 Sessions \$47.00**

186777	Germantown ISC	6/18	M, W, F	9:40am-10:10am
186778	Germantown ISC	6/18	M	6:10pm-6:40pm
186774	Germantown ISC	6/23	Sa	9:40am-10:10am
186775	Germantown ISC	6/24	Su	9:40am-10:10am
186776	Germantown ISC	6/24	Su	11:00am-11:30am
186779	Germantown ISC	7/2	M, W, F	9:40am-10:10am
186780	Germantown ISC	7/10	Tu, Th	9:40am-10:10am
186781	Germantown ISC	7/16	M, W, F	9:00am-9:30am
186782	Germantown ISC	7/16	M, W, F	11:00am-11:30am
186783	Germantown ISC	7/30	M, W, F	9:40am-10:10am





### GISC-Youth-Level 3

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

6 Sessions				\$45.00
186786	Germantown ISC	6/18	M, W, F	10:20am-10:50am
186787	Germantown ISC	6/19	Tu, Th	9:00am-9:30am
186788	Germantown ISC	6/20	W	6:10pm-6:40pm
186784	Germantown ISC	6/23	Sa	10:20am-10:50am
186785	Germantown ISC	6/24	Su	11:40am-12:10pm
186789	Germantown ISC	7/2	M, W, F	10:20am-10:50am
186790	Germantown ISC	7/10	Tu, Th	11:00am-11:30am
186791	Germantown ISC	7/16	M, W, F	9:40am-10:10am
186792	Germantown ISC	7/30	M, W, F	9:00am-9:30am
186793	Germantown ISC	7/30	M, W, F	10:20am-10:50am

### GISC-Youth-Level 4

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions				\$45.00
186796	Germantown ISC	6/18	M, W, F	11:00am-11:30am
186797	Germantown ISC	6/19	Tu, Th	9:40am-10:10pm
186798	Germantown ISC	6/21	Th	6:10pm-6:40pm
186794	Germantown ISC	6/23	Sa	11:00am-11:30am
186795	Germantown ISC	6/24	Su	11:40am-12:10pm
186799	Germantown ISC	7/2	M, W, F	11:00am-11:30am
186800	Germantown ISC	7/10	Tu, Th	10:20am-10:50pm
186801	Germantown ISC	7/16	M, W, F	10:20am-10:50pm
186802	Germantown ISC	7/30	M, W, F	9:40am-10:10pm
186803	Germantown ISC	7/30	M, W, F	11:00am-11:30am

### GISC-Youth-Level 5

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water. Class size is limited to 10 students.

6 Sessions				\$45.00
186805	Germantown ISC	6/19	Tu, Th	10:20am-10:50am
186806	Germantown ISC	6/19	Tu	6:10pm-6:40pm
186804	Germantown ISC	6/23	Sa	11:40am-12:10pm
186807	Germantown ISC	7/10	Tu, Th	9:40am-10:10am
186808	Germantown ISC	7/16	M, W, F	11:00am-11:30am
186809	Germantown ISC	7/30	M, W, F	10:20am-10:50am

### GISC-Youth-Level 6

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can swim 2 lengths of front and back crawl in good form and 15 yards of breaststroke. Class size is limited to 10 students.

6 Sessions				\$45.00
186811	Germantown ISC	6/19	Tu, Th	11:00am-11:30am
186812	Germantown ISC	6/21	Th	6:10pm-6:40pm
186810	Germantown ISC	6/24	Su	10:20am-10:50am
186813	Germantown ISC	7/10	Tu, Th	9:00am-9:30am
186814	Germantown ISC	7/30	M, W, F	11:00am-11:30am



### GISC-Adult Level 1

Designed for teenagers and adults (14 years and older) who are fearful of the water and/or may have had a bad experience in the water. Basic water adjustment skills will be taught. Class size is limited to 6 students.

6 Sessions				\$54.00
186644	Germantown ISC	6/18	M	8:30pm-9:00pm
186643	Germantown ISC	6/23	Sa	11:00am-11:30am
186645	Germantown ISC	6/24	Su	10:20am-10:50am

### GISC-Adult Level 2

Designed for teenagers and adults (14 years and older) who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 10 students.

6 Sessions				\$52.00
186647	Germantown ISC	6/20	W	8:30pm-9:00pm
186646	Germantown ISC	6/23	Sa	10:20am-10:50am

### GISC-Adult Level 3

Designed for teenagers and adults (14 years and older) who can already swim a combine stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

6 Sessions				\$52.00
186648	Germantown ISC	6/23	Sa	9:40am-10:10am

### GISC-Adult Level 4

Designed for teenagers and adults (14 years and older) who can already swim a coordinated front and back crawl for 15 yards (across width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions				\$52.00
186649	Germantown ISC	6/24	Su	9:40am-10:10am

### GISC-Adult Level 5

Designed for teenagers and adults (14 years and older) who can swim 1 length of front and back crawl, 15 yards of elementary back stroke in good form, tread water, and dive into and swim in deep water. Class size is limited to 10 students.

6 Sessions				\$52.00
186913	Germantown ISC	6/20	W	8:30pm-9:00pm

### GISC-Adult-Swim for Condi. 1

Designed for teenagers and adults (14 years and older) who can swim 25 yards of freestyle, backstroke, breaststroke. Students will further refine technical skills and learn to develop their own conditioning program. Class size limited to 15 students.

6 Sessions				\$52.00
186651	Germantown ISC	6/18	M	8:30pm-9:00pm





## Martin Luther King Swim Center

**Phone: 301-989-1206**

Registration begins May 16. Swim lessons for all ages and abilities. Screening is held on Tuesdays & Thursdays from 7:00pm-7:30pm at the MLK Swim Center (bring a suit and towel). Please read the course descriptions carefully. Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs. **THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES.** Courses meet for six 30 minute sessions. Class size is limited to 10 parent/child registrations. Some classes may be taught at the outdoor pool at the discretion of the instructor or management. No classes the evening of July 4th.

See page 14 for registration information.

### MLK-Waterbabies

Designed for children 6-18 months. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations. Some classes may be taught at the outdoor pool at the discretion of the instructor or management.

6 Sessions					\$45.00
186850	M L King SwC	6/17	Su	11:00am-11:30am	
186851	M L King SwC	6/18	M, W, F	10:20am-10:50am	
186852	M L King SwC	6/19	Tu	5:40pm-6:10pm	
186853	M L King SwC	6/21	Th	5:00pm-5:30pm	
186854	M L King SwC	6/23	Sa	9:40am-10:10am	

### MLK-Aquatots

Designed for children 18 months to 3 years. Basic water adjustment skills and simple water skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations. Some classes may be taught at the outdoor pool at the discretion of the instructor or management.



6 Sessions					\$45.00
186855	M L King SwC	6/17	Su	9:00am-9:30am	
186856	M L King SwC	6/17	Su	10:20am-10:50am	
186857	M L King SwC	6/18	M, W, F	9:00am-9:30am	
186858	M L King SwC	6/21	Th	5:40pm-6:10pm	
186859	M L King SwC	6/23	Sa	9:00am-9:30am	
186860	M L King SwC	7/2	M, W, F	9:40am-10:10am	

### MLK-Pre-School

Designed for children 3-5 years of age. Basic water adjustment continues, but simple water skills are now emphasized. An adult in a swim suit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations. Some classes may be taught at the outdoor pool at the discretion of the instructor or management.

6 Sessions					\$45.00
186861	M L King SwC	6/17	Su	9:40am-10:10am	
186862	M L King SwC	6/19	Tu, Th	9:30am-10:00am	
186863	M L King SwC	6/19	Tu	5:00pm-5:30pm	
186864	M L King SwC	6/21	Th	6:20pm-6:50pm	
186865	M L King SwC	6/23	Sa	10:20am-10:50am	
186866	M L King SwC	6/23	Sa	11:00am-11:30am	
186867	M L King SwC	7/16	M, W, F	10:20am-10:50am	
186868	M L King SwC	7/30	M, W, F	9:00am-9:30am	



### MLK-Pre-Beginner-Level 1

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who need to learn basic water adjustment skills. Class size is limited to 5 students. Some classes may be taught at the outdoor pool at the discretion of the instructor or management.

6 Sessions					\$54.00
186869	M L King SwC	6/17	Su	9:00am-9:30am	
186870	M L King SwC	6/17	Su	10:20am-10:50am	
186871	M L King SwC	6/18	M, W, F	9:40am-10:10am	
186872	M L King SwC	6/18	M, W, F	9:00am-9:30am	
186873	M L King SwC	6/19	Tu	5:00pm-5:30pm	
186874	M L King SwC	6/20	W	5:00pm-5:30pm	
186875	M L King SwC	6/21	Th	5:40pm-6:10pm	
186876	M L King SwC	6/23	Sa	10:20am-10:50am	
186877	M L King SwC	6/23	Sa	11:00am-11:30am	
186878	M L King SwC	6/23	Sa	9:00am-9:30am	
186879	M L King SwC	7/2	M, W, F	9:00am-9:30am	
186880	M L King SwC	7/2	M, W, F	10:20am-10:50am	
186881	M L King SwC	7/16	M, W, F	10:20am-10:50am	
186882	M L King SwC	7/30	M, W, F	9:40am-10:10am	

### MLK-Pre-Beginner-Level 2

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. D CLASSES. Courses meet for six 30 minute sessions. Class size is limited to 6 students. Some classes may be taught at the outdoor pool at the discretion of the instructor or management.

6 Sessions				\$52.00
186883	M L King SwC	6/17	Su	9:40am-10:10am
186884	M L King SwC	6/18	M, W, F	9:40am-10:10am
186885	M L King SwC	6/19	Tu, Th	10:10am-10:40am
186886	M L King SwC	6/19	Tu	5:40pm-6:10pm
186887	M L King SwC	6/19	Tu	6:20pm-6:50pm
186889	M L King SwC	6/19	Tu, Th	9:30am-10:00am
186888	M L King SwC	6/20	W	5:00pm-5:30pm
186889	M L King SwC	6/21	Th	5:00pm-5:30pm
186890	M L King SwC	6/21	Th	6:20pm-6:50pm
186891	M L King SwC	6/23	Sa	9:40am-10:10am
186892	M L King SwC	6/23	Sa	11:00am-11:30am
186900	M L King SwC	6/23	Sa	9:40am-10:10am
186893	M L King SwC	7/2	M, W, F	9:00am-9:30am
186894	M L King SwC	7/2	M, W, F	10:20am-10:50am
186901	M L King SwC	7/10	Tu, Th	9:30am-10:00am
186895	M L King SwC	7/16	M, W, F	9:00am-9:30am
186896	M L King SwC	7/16	M, W, F	9:40am-10:10am
186897	M L King SwC	7/30	M, W, F	9:00am-9:30am
186898	M L King SwC	7/30	M, W, F	9:40am-10:10am

### MLK-Pre-Beginner-Level 3

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 6 students. Some classes may be taught at the outdoor pool at the discretion of the instructor or management.

6 Sessions				\$52.00
186902	M L King SwC	6/17	Su	9:40am-10:10am
186903	M L King SwC	6/17	Su	10:20am-10:50am
186906	M L King SwC	6/19	Tu	7:00pm-7:30pm
186907	M L King SwC	6/20	W	5:40pm-6:10pm
186908	M L King SwC	6/23	Sa	10:20am-10:50am
186909	M L King SwC	7/2	M, W, F	9:40am-10:10am
186910	M L King SwC	7/10	Tu, Th	10:10am-10:40am
186911	M L King SwC	7/16	M, W, F	9:00am-9:30am
186912	M L King SwC	7/30	M, W, F	10:20am-10:50am

### MLK-Pre-Beginner-Level 4

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 6 students.

6 Sessions				\$52.00
186914	M L King SwC	6/17	Su	11:00am-11:30am
186915	M L King SwC	6/21	Th	7:00pm-7:30pm

### MLK-Youth-Level 1

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who need to learn basic water adjustment skills. Class size is limited to 8 students.

6 Sessions				\$47.00
186943	M L King SwC	6/17	Su	9:00am-9:30am
186944	M L King SwC	6/17	Su	10:20am-10:50am
186945	M L King SwC	6/18	M, W, F	10:20am-10:50am



186946	M L King SwC	6/19	Tu	6:20pm-6:50pm
186947	M L King SwC	6/20	W	6:20pm-6:50pm
186948	M L King SwC	6/23	Sa	9:00am-9:30am
186949	M L King SwC	6/23	Sa	9:40am-10:10am
186950	M L King SwC	6/23	Sa	10:20am-10:50am
186951	M L King SwC	7/10	Tu, Th	9:30am-10:00am

### MLK-Youth-Level 2

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 8 students. Some classes may be taught at the outdoor pool at the discretion of the instructor or management.

6 Sessions				\$47.00
186952	M L King SwC	6/17	Su	9:00am-9:30am
186953	M L King SwC	6/17	Su	11:00am-11:30am
186954	M L King SwC	6/18	M, W, F	9:40am-10:10am
186955	M L King SwC	6/19	Tu, Th	10:10am-10:40am
186956	M L King SwC	6/19	Tu	7:00pm-7:30pm
186957	M L King SwC	6/20	W	6:20pm-6:50pm
186958	M L King SwC	6/21	Th	7:00pm-7:30pm
186959	M L King SwC	6/23	Sa	9:00am-9:30am
186960	M L King SwC	6/23	Sa	10:20am-10:50am
186961	M L King SwC	7/2	M, W, F	10:20am-10:50am
186962	M L King SwC	7/10	Tu, Th	9:30am-10:00am
186963	M L King SwC	7/16	M, W, F	9:40am-10:10am

### MLK-Youth-Level 3

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

6 Sessions				\$45.00
186964	M L King SwC	6/17	Su	9:40am-10:10am
186965	M L King SwC	6/18	M, W, F	9:00am-9:30am
186966	M L King SwC	6/19	Tu, Th	10:10am-10:40am
186967	M L King SwC	6/19	Tu	7:40pm-8:10pm
186968	M L King SwC	6/20	W	5:40pm-6:10pm
186969	M L King SwC	6/23	Sa	9:40am-10:10am
186970	M L King SwC	7/2	M, W, F	9:40am-10:10am
186971	M L King SwC	7/10	Tu, Th	10:10am-10:40am
186972	M L King SwC	7/16	M, W, F	10:20am-10:50am
186973	M L King SwC	7/30	M, W, F	10:20am-10:50am

*My class was great. I learned how to breathe and swim at the same time.*





### MLK-Youth-Level 4

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students. Some classes may be taught at the outdoor pool at the discretion of the instructor or management.

#### 6 Sessions \$45.00

186974	M L King SwC	6/17	Su	9:40am-10:10am
186975	M L King SwC	6/18	M, W, F	10:20am-10:50am
186976	M L King SwC	6/19	Tu, Th	9:30am-10:00am
186977	M L King SwC	6/19	Tu	7:40pm-8:10pm
186978	M L King SwC	6/23	Sa	9:00am-9:30am
186979	M L King SwC	6/23	Sa	11:00am-11:30am
186981	M L King SwC	7/10	Tu, Th	10:10am-10:40am
186980	M L King SwC	7/16	M, W, F	9:00am-9:30am
186982	M L King SwC	7/30	M, W, F	9:00am-9:30am

### MLK-Youth-Level 5

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water. Class size is limited to 10 students. Some classes may be taught at the outdoor pool at the discretion of the instructor or management.

#### 6 Sessions \$45.00

186984	M L King SwC	6/17	Su	10:20am-10:50am
186985	M L King SwC	6/21	Th	7:40pm-8:10pm
186986	M L King SwC	6/23	Sa	11:00am-11:30am
186987	M L King SwC	7/2	M, W, F	9:00am-9:30am
186988	M L King SwC	7/16	M, W, F	9:40am-10:10am
186989	M L King SwC	7/30	M, W, F	9:40am-10:10am

### MLK-Youth-Level 6

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can swim 2 lengths of front and back crawl in good form and 15 yards of breaststroke. Class size is limited to 10 students. Some classes may be taught at the outdoor pool at the discretion of the instructor or management.

#### 6 Sessions \$45.00

186990	M L King SwC	6/17	Su	9:00am-9:30am
186991	M L King SwC	6/17	Su	11:00am-11:30am
186992	M L King SwC	6/21	Th	7:40pm-8:10pm
186993	M L King SwC	7/30	M, W, F	10:20am-10:50am

### MLK-Adult-Level 1

Designed for teenagers and adults (14 years and older) who are fearful of the water and/or may have had a bad experience in the water. Basic water adjustment skills will be taught. Class size is limited to 6 students. Some classes may be taught at the outdoor pool at the discretion of the instructor or management.

#### 6 Sessions \$54.00

186994	M L King SwC	6/17	Su	9:40am-10:10am
186995	M L King SwC	6/17	Su	11:00am-11:30am
186996	M L King SwC	6/19	Tu	8:20pm-8:50pm
186997	M L King SwC	6/23	Sa	9:00am-9:30am
186998	M L King SwC	6/23	Sa	11:00am-11:30am

### MLK-Adult-Level 2

Designed for teenagers and adults (14 years and older) who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 10 students.

#### 6 Sessions \$52.00

187043	M L King SwC	6/17	Su	11:00am-11:30am
187045	M L King SwC	6/21	Th	8:20pm-8:50pm
187046	M L King SwC	6/23	Sa	10:20am-10:50am

### MLK-Adult-Level 3

Designed for teenagers and adults (14 years and older) who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students. Some classes may be taught at the outdoor pool at the discretion of the instructor or management.

#### 6 Sessions \$52.00

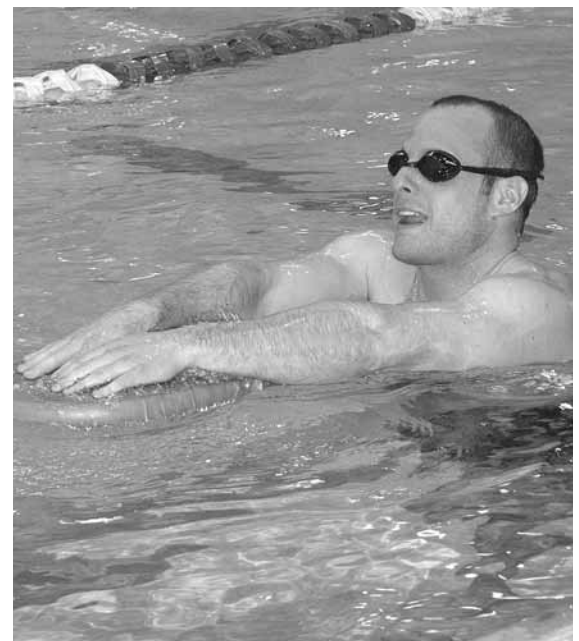
187047	M L King SwC	6/17	Su	10:20am-10:50am
187048	M L King SwC	6/19	Tu	8:20pm-8:50pm
187049	M L King SwC	6/23	Sa	10:20am-10:50am

### MLK-Adult-Level 4

Designed for teenagers and adults (14 years and older) who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students. Some classes may be taught at the outdoor pool at the discretion of the instructor or management.

#### 6 Sessions \$52.00

187052	M L King SwC	6/17	Su	9:00am-9:30am
187050	M L King SwC	6/21	Th	8:20pm-8:50pm



*I had so much fun.  
Now I can swim in the deep end.*



## Montgomery Aquatic Center

Phone: 301-468-4211

Registration begins on May 16. Swim lessons for all ages and abilities. Screening is available at the swim center on Saturdays and Sundays at 1:30pm to evaluate the students abilities (bring a suit and towel). Please read the course descriptions carefully. Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs. THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES. Courses meet for six 30 minute sessions. No classes the evening of July 4th.

See page 14 for registration information.

### MAC-Waterbabies

Designed for children 6-18 months. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions				\$45.00	
187708	Montgomery AqC	6/18	M, W, F	10:20am-10:50am	
187710	Montgomery AqC	6/18	M, W, F	9:00am-9:30am	
187713	Montgomery AqC	6/19	Tu, Th	9:00am-9:30am	
187706	Montgomery AqC	6/23	Sa	9:40am-10:10am	
187707	Montgomery AqC	6/24	Su	10:20am-10:50am	
187709	Montgomery AqC	7/2	M, W, F	10:20am-10:50am	
187711	Montgomery AqC	7/2	M, W, F	9:00am-9:30am	
187714	Montgomery AqC	7/10	Th, Tu	9:00am-9:30am	
187712	Montgomery AqC	7/16	M, W, F	9:00am-9:30am	



### MAC-Aquatots

Designed for children 18 months-3 years of age. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions				\$45.00	
187717	Montgomery AqC	6/18	M, W, F	9:40am-10:10am	
187718	Montgomery AqC	6/18	M, W	6:25pm-6:55pm	
187722	Montgomery AqC	6/19	Tu, Th	9:40am-10:10am	
187715	Montgomery AqC	6/23	Sa	10:20am-10:50am	
187716	Montgomery AqC	6/24	Su	9:40am-10:10am	
187719	Montgomery AqC	7/2	M, W, F	9:40am-10:10am	
187723	Montgomery AqC	7/10	Tu, Th	9:40am-10:10am	
187720	Montgomery AqC	7/16	M, W	6:25pm-6:55pm	
187721	Montgomery AqC	7/16	M, W, F	9:40am-10:10am	



### MAC-Pre-School

Designed for children 3-5 years of age. Basic water adjustment continues, but simple water skills are now emphasized. An adult in a swimsuit must accompany EACH student in the water.

6 Sessions				\$45.00	
187725	Montgomery AqC	6/18	M, W	5:45pm-6:15pm	
187726	Montgomery AqC	6/19	Tu, Th	10:20am-10:50am	
187724	Montgomery AqC	6/23	Sa	9:00am-9:30am	
187727	Montgomery AqC	7/11	M, W	5:45pm-6:15pm	
187728	Montgomery AqC	7/10	Tu, Th	10:20am-10:50am	

### MAC-Pre-Beginner-Level 1

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who need to learn basic water adjustment skills. Class size is limited to 5 students.

6 Sessions				\$54.00	
187753	Montgomery AqC	6/18	M, W, F	10:20am-10:50am	
187754	Montgomery AqC	6/18	M, W	5:45pm-6:15pm	
187752	Montgomery AqC	6/19	Tu, Th	9:40am-10:10am	
187755	Montgomery AqC	6/19	Tu, Th	9:00am-9:30am	
187756	Montgomery AqC	6/19	Tu, Th	5:45pm-6:15pm	
187757	Montgomery AqC	6/19	Tu, Th	6:25pm-6:55pm	
187747	Montgomery AqC	6/23	Sa	9:00am-9:30am	
187748	Montgomery AqC	6/23	Sa	9:40am-10:10am	
187749	Montgomery AqC	6/23	Sa	11:00am-11:30am	
187750	Montgomery AqC	6/24	Su	9:40am-10:10am	
187751	Montgomery AqC	6/24	Su	11:00am-11:30am	
187759	Montgomery AqC	7/2	M, W, F	10:20am-10:50am	
187758	Montgomery AqC	7/10	Tu, Th	9:40am-10:10am	
187761	Montgomery AqC	7/10	Tu, Th	9:00am-9:30am	
187762	Montgomery AqC	7/10	Tu, Th	5:45pm-6:15pm	
187763	Montgomery AqC	7/10	Tu, Th	6:25pm-6:55pm	
187760	Montgomery AqC	7/16	M, W	5:45pm-6:15pm	
187764	Montgomery AqC	7/16	M, W, F	10:20am-10:50am	

### MAC-Pre-Beginner-Level 2

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 6 students.

6 Sessions				\$52.00	
187769	Montgomery AqC	6/18	M, W, F	9:00am-9:30am	
187770	Montgomery AqC	6/18	M, W	6:25pm-6:55pm	
187771	Montgomery AqC	6/19	Tu, Th	9:00am-9:30am	
187772	Montgomery AqC	6/19	Tu, Th	6:25pm-6:55pm	
187778	Montgomery AqC	6/19	Tu, Th	10:20am-10:50am	
187765	Montgomery AqC	6/23	Sa	9:00am-9:30am	
187766	Montgomery AqC	6/23	Sa	11:00am-11:30am	
187767	Montgomery AqC	6/24	Su	9:00am-9:30am	
187768	Montgomery AqC	6/24	Su	10:20am-10:50am	



187773	Montgomery AqC	7/2	M, W, F	9:00am-9:30am
187775	Montgomery AqC	7/10	Tu, Th	9:00am-9:30am
187776	Montgomery AqC	7/10	Tu, Th	6:25pm-6:55pm
187779	Montgomery AqC	7/10	Tu, Th	10:20am-10:50am
187774	Montgomery AqC	7/16	M, W	6:25pm-6:55pm
187777	Montgomery AqC	7/16	M, W, F	9:00am-9:30am

**MAC-Pre-Beginner-Level 3**

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 6 students.

**6 Sessions \$52.00**

187782	Montgomery AqC	6/18	M, W, F	9:40am-10:10am
187783	Montgomery AqC	6/19	Tu, Th	5:45pm-6:15pm
187780	Montgomery AqC	6/23	Sa	10:20am-10:50am
187781	Montgomery AqC	6/24	Su	11:00am-11:30am
187784	Montgomery AqC	7/2	M, W, F	9:40am-10:10am
187785	Montgomery AqC	7/10	Tu, Th	9:40am-10:10am
187786	Montgomery AqC	7/10	Tu, Th	5:45pm-6:15pm
187787	Montgomery AqC	7/16	M, W, F	9:40am-10:10am

**MAC-Pre-Beginner-Level 4**

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a coordinated front and back crawl for 15 yards (the width of the pool) and are comfortable in deep water. Class size is limited to 6 students.

**6 Sessions \$52.00**

187788	Montgomery AqC	6/23	Sa	11:00am-11:30am
187789	Montgomery AqC	7/16	M, W, F	10:20am-10:50am

**MAC-Youth-Level 1**

Designed for children at least 6 years old. Primarily taught in the Main Pool (3½ ft and deeper), this class is for students who need to learn basic water adjustment skills. Class size is limited to 8 students.

**6 Sessions \$47.00**

187792	Montgomery AqC	6/19	Tu, Th	10:20am-10:50am
187790	Montgomery AqC	6/23	Sa	9:40am-10:10am
187791	Montgomery AqC	6/24	Su	9:00am-9:30am
187793	Montgomery AqC	7/2	M, W, F	9:00am-9:30am
187794	Montgomery AqC	7/16	M, W, F	9:00am-9:30am

**MAC-Youth-Level 2**

Designed for children at least 6 years old. Primarily taught in the Main Pool (3½ ft and deeper), this class is for students who are already water adjusted.

Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 8 students.

**6 Sessions \$47.00**

187796	Montgomery AqC	6/18	M, W, F	9:40am-10:10am
187795	Montgomery AqC	6/24	Su	11:00am-11:30am
187797	Montgomery AqC	7/2	M, W, F	9:40am-10:10am
187798	Montgomery AqC	7/16	M, W, F	9:40am-10:10am

**MAC-Youth-Level 3**

For children at least 6 years old. Primarily taught in the Main Pool (3½ ft and deeper), this class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

**6 Sessions \$45.00**

187800	Montgomery AqC	6/18	M, W, F	9:00am-9:30am
187801	Montgomery AqC	6/19	Tu, Th	9:40am-10:10am
187799	Montgomery AqC	6/24	Su	9:40am-10:10am
187802	Montgomery AqC	7/10	Tu, Th	10:20am-10:50am

**MAC-Youth-Level 4**

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

**6 Sessions \$45.00**

187804	Montgomery AqC	6/18	M, W, F	10:20am-10:50am
187803	Montgomery AqC	6/24	Su	10:20am-10:50am
187805	Montgomery AqC	7/2	M, W, F	10:20am-10:50am
187806	Montgomery AqC	7/16	M, W, F	10:20am-10:50am

**MAC-Youth-Level 5**

Designed for children at least 6 years old. Primarily taught in the Main Pool (3½ ft and deeper), this class is for students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water. Class size is limited to 10 students.

**6 Sessions \$45.00**

187807	Montgomery AqC	6/24	Su	9:00am-9:30am
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**MAC-Youth-Level 6**

Designed for children at least 6 years old. Primarily taught in the Main Pool (3½ ft and deeper), this class is for students who can swim 2 lengths of front and back crawl in good form and 15 yards of breaststroke. Class size is limited to 10 students.

**6 Sessions \$45.00**

187808	Montgomery AqC	6/23	Sa	10:20am-10:50am
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**MAC-Adult-Level 1**

Designed for teenagers and adults (14 years and older) who are fearful of the water and/or may have had a bad experience in the water. Basic water adjustment skills will be taught. Class size is limited to 6 students.

**6 Sessions \$54.00**

187704	Montgomery AqC	6/21	Th	8:30pm-9:00pm
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**MAC-Adult-Level 4**

For teenagers and adults (14 years and older) who can already swim a coordinated front and back crawl for 15 yards (across width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

**6 Sessions \$52.00**

187810	Montgomery AqC	6/19	Tu	8:30pm-9:00pm
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### MAC-Adult-Level 5

Designed for teenagers and adults (14 years and older) who can swim 1 length of front and back crawl, 15 yards of elementary back stroke in good form, tread water, and dive into and swim in deep water. Class size is limited to 10 students.

**6 Sessions \$52.00**  
187811 Montgomery AqC 6/20 W 8:30pm-9:00pm

### MAC-Adult-Swim for Condi.1

Designed for teenagers and adults (14 years and older) who can swim 25 yards of freestyle, backstroke, breaststroke. Students will further refine technical skills and learn to develop their own conditioning program. Class size limited to 15 students. Courses meet for six 30 minute sessions.

**6 Sessions \$52.00**  
187812 Montgomery AqC 6/18 M 8:30pm-9:00pm

### MAC-Adult-Swim for Condi.2

Designed for teenagers and adults (14 years and older) who can swim 50 meters of freestyle. This class will provide technical training and is an opportunity for prospective lifeguards to establish swimming proficiency. Class size is limited to 15 students.

**6 Sessions \$52.00**  
187813 Montgomery AqC 6/18 M 8:30pm-9:00pm

## Olney Swim Center

**Phone: 301-570-1210**

Registration begins May 16. Swim lessons for all ages and abilities. Screening is available to evaluate the students abilities. Please call the lesson coordinator at 301-570-1210 to schedule a time (bring a suit and towel). Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs. THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES. Courses meet for six 30 minute sessions.

There are no evening classes on July 4th.

See page 14 for registration information.

### OSC-Waterbabies

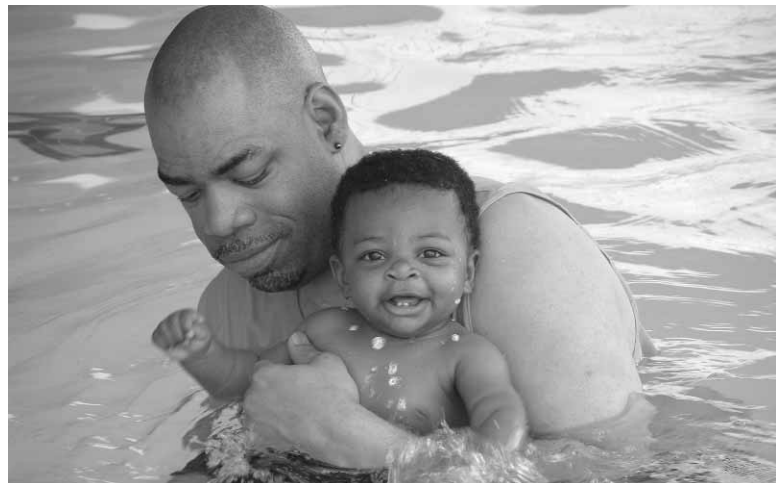
Designed for children 6 months-18 months. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

**6 Sessions \$45.00**  
177554 Olney Swim Ctr 6/18 M, Tu, W 10:15am-10:45am  
177551 Olney Swim Ctr 6/23 Sa 11:20am-11:50am  
177552 Olney Swim Ctr 6/24 Su 11:20am-11:50am  
177553 Olney Swim Ctr 6/28 Th 10:50am-11:20am  
177555 Olney Swim Ctr 7/16 M, Tu, W 10:15am-10:45am

### OSC-Aquatots

For children 18 months-3 years of age. Basic water adjustment skills and simple water skills are taught. An adult in a swimsuit must accompany EACH student in the water. Swim lessons for all ages and abilities. Class size is limited to 10 parent/child registrations.

**6 Sessions \$45.00**  
177580 Olney Swim Ctr 6/18 M, Tu, W 10:55am-11:25am  
177575 Olney Swim Ctr 6/23 Sa 10:40am-11:20am  
177576 Olney Swim Ctr 6/24 Su 10:40am-11:20am  
177579 Olney Swim Ctr 6/26 Tu 5:55pm-6:25pm  
177577 Olney Swim Ctr 6/28 Th 10:10am-10:40am  
177578 Olney Swim Ctr 6/28 Th 6:30pm-7:00pm  
177581 Olney Swim Ctr 7/2 M, Tu, W 10:15am-10:45am



### OSC-Pre-School

For children 3-5 years of age. Basic water adjustment continues, but simple water skills are emphasized. An adult in a swimsuit must accompany EACH student in the water. Swim lessons for all ages and abilities. Class size is limited to 10 parent/child registrations.

**6 Sessions \$45.00**  
177627 Olney Swim Ctr 6/20 W 6:25pm-6:55pm  
177621 Olney Swim Ctr 6/23 Sa 10:00am-10:30am  
177622 Olney Swim Ctr 6/23 Sa 12:00pm-12:30pm  
177623 Olney Swim Ctr 6/24 Su 10:00am-10:30am  
177624 Olney Swim Ctr 6/24 Su 12:00pm-12:30pm  
177626 Olney Swim Ctr 6/26 Tu 6:30pm-7:00pm  
177625 Olney Swim Ctr 6/28 Th 9:30am-10:00am  
177628 Olney Swim Ctr 7/2 M, Tu, W 10:55am-11:25am  
177629 Olney Swim Ctr 7/16 M, Tu, W 9:00am-9:30am

### OSC-Pre-Beginner-Level 1

Designed for children 4-6 years old. Parents DO NOT accompany children. For students who need to learn basic water adjustment skills. Swim lessons for all ages and abilities. Class size is limited to 5 students.

**6 Sessions \$54.00**  
177667 Olney Swim Ctr 6/18 M, Tu, W 9:00am-9:30am  
177668 Olney Swim Ctr 6/18 M, Tu, W 9:35am-10:05am  
177669 Olney Swim Ctr 6/18 M, Tu, W 10:15am-10:45am  
177670 Olney Swim Ctr 6/18 M, Tu, W 10:55am-11:25am  
177665 Olney Swim Ctr 6/20 W 6:25pm-6:55pm  
177666 Olney Swim Ctr 6/20 W 7:05pm-7:35pm  
177649 Olney Swim Ctr 6/23 Sa 10:00am-10:30am  
177650 Olney Swim Ctr 6/23 Sa 10:40am-11:10am  
177651 Olney Swim Ctr 6/23 Sa 11:20am-11:50am  
177652 Olney Swim Ctr 6/23 Sa 12:00pm-12:30pm  
177653 Olney Swim Ctr 6/24 Su 10:00am-10:30am  
177654 Olney Swim Ctr 6/24 Su 10:40am-11:10am  
177655 Olney Swim Ctr 6/24 Su 11:20am-11:50am  
177656 Olney Swim Ctr 6/24 Su 12:00pm-12:30pm  
177663 Olney Swim Ctr 6/26 Tu 5:55pm-6:25pm  
177664 Olney Swim Ctr 6/26 Tu 6:30pm-7:00pm  
177657 Olney Swim Ctr 6/28 Th 9:30am-10:00am  
177658 Olney Swim Ctr 6/28 Th 9:30am-10:00am  
177659 Olney Swim Ctr 6/28 Th 10:10am-10:40am  
177660 Olney Swim Ctr 6/28 Th 10:50am-11:20am  
177661 Olney Swim Ctr 6/28 Th 5:55pm-6:25pm  
177662 Olney Swim Ctr 6/28 Th 6:30pm-7:00pm  
177671 Olney Swim Ctr 7/2 M, Tu, W 9:00am-9:30am  
177672 Olney Swim Ctr 7/2 M, Tu, W 9:35am-10:05am  
177673 Olney Swim Ctr 7/2 M, Tu, W 10:15am-10:45am  
177674 Olney Swim Ctr 7/2 M, Tu, W 10:55am-11:25am





177675	Olney Swim Ctr	7/16	M, Tu, W	9:00am-9:30am
177676	Olney Swim Ctr	7/16	M, Tu, W	9:35am-10:05am
177677	Olney Swim Ctr	7/16	M, Tu, W	10:15am-10:45am
177678	Olney Swim Ctr	7/16	M, Tu, W	10:55am-11:25am
177679	Olney Swim Ctr	7/30	M, Tu, W	9:00am-9:30am
177680	Olney Swim Ctr	7/30	M, Tu, W	9:35am-10:05am
177681	Olney Swim Ctr	7/30	M, Tu, W	10:15am-10:45am

**OSC-Pre-Beginner-Level 2**

Designed for children 4-6 years old. Parents DO NOT accompany children. For students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Swim lessons for all ages and abilities. Class size is limited to 6 students.

**6 Sessions \$52.00**

178076	Olney Swim Ctr	6/18	M, Tu, W	9:00am-9:30am
178077	Olney Swim Ctr	6/18	M, Tu, W	9:00am-9:30am
178078	Olney Swim Ctr	6/18	M, Tu, W	9:35am-10:05am
178079	Olney Swim Ctr	6/18	M, Tu, W	10:15am-10:45am
178080	Olney Swim Ctr	6/18	M, Tu, W	10:55am-11:25am
178073	Olney Swim Ctr	6/20	W	6:25pm-6:55pm
178074	Olney Swim Ctr	6/20	W	7:05pm-7:35pm
178075	Olney Swim Ctr	6/20	W	7:45pm-8:15pm
178054	Olney Swim Ctr	6/23	Sa	10:00am-10:30am
178055	Olney Swim Ctr	6/23	Sa	10:00am-10:30am
178056	Olney Swim Ctr	6/23	Sa	10:40am-11:10am
178057	Olney Swim Ctr	6/23	Sa	11:20am-11:50am
178058	Olney Swim Ctr	6/23	Sa	12:00pm-12:30pm
178059	Olney Swim Ctr	6/23	Sa	12:00pm-12:30pm
178060	Olney Swim Ctr	6/24	Su	10:00am-10:30am
178061	Olney Swim Ctr	6/24	Su	10:00am-10:30am
178062	Olney Swim Ctr	6/24	Su	10:40am-11:10am
178063	Olney Swim Ctr	6/24	Su	11:20am-11:50am
178064	Olney Swim Ctr	6/24	Su	11:20am-11:50am
178065	Olney Swim Ctr	6/24	Su	12:00pm-12:30pm
178066	Olney Swim Ctr	6/24	Su	12:00pm-12:30pm
178071	Olney Swim Ctr	6/26	Tu	5:55pm-6:25pm
178072	Olney Swim Ctr	6/26	Tu	6:30pm-7:00pm
178067	Olney Swim Ctr	6/28	Th	9:30am-10:00am
178068	Olney Swim Ctr	6/28	Th	10:50am-11:20am
178069	Olney Swim Ctr	6/28	Th	5:55pm-6:25pm
178070	Olney Swim Ctr	6/28	Th	6:30pm-7:00pm
178081	Olney Swim Ctr	7/2	M, Tu, W	9:00am-9:30am
178082	Olney Swim Ctr	7/2	M, Tu, W	9:00am-9:30am
178083	Olney Swim Ctr	7/2	M, Tu, W	9:35pm-10:05pm
178084	Olney Swim Ctr	7/2	M, Tu, W	10:15am-10:45am
178085	Olney Swim Ctr	7/2	M, Tu, W	10:55am-11:25am

178086	Olney Swim Ctr	7/2	M, Tu, W	10:55am-11:25am
178087	Olney Swim Ctr	7/16	M, Tu, W	9:00am-9:30am
178101	Olney Swim Ctr	7/16	M, Tu, W	9:00am-9:30am
178102	Olney Swim Ctr	7/16	M, Tu, W	9:35am-10:05am
178103	Olney Swim Ctr	7/16	M, Tu, W	10:15am-10:45am
178104	Olney Swim Ctr	7/16	M, Tu, W	10:55am-11:25am
178105	Olney Swim Ctr	7/30	M, Tu, W	9:00am-9:30am
178106	Olney Swim Ctr	7/30	M, Tu, W	10:15am-10:45am
178107	Olney Swim Ctr	7/30	M, Tu, W	10:55am-11:25am

**OSC-Pre-Beginner-Level 3**

Designed for children 4-6 years old. Parents DO NOT accompany children. For students who can already swim a combined stroke on their front and back, using a kick and arm stroke for minimum of 5 yards. Swim lessons for all ages and abilities. Class size is limited to 6 students.

**6 Sessions \$52.00**

178119	Olney Swim Ctr	6/18	M, Tu, W	9:35am-10:05am
178120	Olney Swim Ctr	6/18	M, Tu, W	10:15am-10:45am
178121	Olney Swim Ctr	6/18	M, Tu, W	10:55am-11:25am
178116	Olney Swim Ctr	6/20	W	6:25pm-6:55pm
178117	Olney Swim Ctr	6/20	W	7:05pm-7:35pm
178118	Olney Swim Ctr	6/20	W	7:45pm-8:15pm
178108	Olney Swim Ctr	6/23	Sa	10:40am-11:10am
178109	Olney Swim Ctr	6/23	Sa	11:20am-11:50am
178110	Olney Swim Ctr	6/23	Sa	12:00pm-12:30pm
178111	Olney Swim Ctr	6/24	Su	10:40am-11:10am
178112	Olney Swim Ctr	6/24	Su	11:20am-11:50am
178113	Olney Swim Ctr	6/24	Su	12:00pm-12:30pm
178115	Olney Swim Ctr	6/26	Tu	6:30pm-7:00pm
178114	Olney Swim Ctr	6/28	Th	10:10am-10:40am
178122	Olney Swim Ctr	7/2	M, Tu, W	9:35am-10:05am
178123	Olney Swim Ctr	7/2	M, Tu, W	10:15am-10:45am
178124	Olney Swim Ctr	7/16	M, Tu, W	9:00am-9:30am
178125	Olney Swim Ctr	7/16	M, Tu, W	10:55am-11:25am
178126	Olney Swim Ctr	7/30	M, Tu, W	9:00am-9:35am
178127	Olney Swim Ctr	7/30	M, Tu, W	10:55am-11:25am

**OSC-Pre-Beginner-Level 4**

Designed for children 4-6 years old. Parents DO NOT accompany children. For students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 6 students.

**6 Sessions \$52.00**

178132	Olney Swim Ctr	6/18	M, Tu, W	10:55am-11:25am
178131	Olney Swim Ctr	6/20	W	7:45pm-8:15pm
178128	Olney Swim Ctr	6/23	Sa	11:20am-11:50am
178129	Olney Swim Ctr	6/24	Su	10:00am-10:30am
178130	Olney Swim Ctr	6/24	Su	10:40am-11:10am
178133	Olney Swim Ctr	7/2	M, Tu, W	9:35am-10:05am
178134	Olney Swim Ctr	7/16	M, Tu, W	9:35am-10:05am

**OSC-Youth-Level 1**

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who need to learn basic water adjustment skills. Swim lessons for all ages and abilities. Class size is limited to 8 students.

**6 Sessions \$47.00**

178139	Olney Swim Ctr	6/18	M, Tu, W	9:00am-9:30am
178138	Olney Swim Ctr	6/20	W	6:25pm-6:55pm
178135	Olney Swim Ctr	6/23	Sa	10:00am-10:30am
178136	Olney Swim Ctr	6/24	Su	10:00am-10:30am
178137	Olney Swim Ctr	6/26	Tu	5:55pm-6:25pm
178140	Olney Swim Ctr	7/2	M, Tu, W	10:55am-11:25am
178311	Olney Swim Ctr	7/16	M, Tu, W	10:55am-11:25am





### OSC-Youth-Level 2

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Swim lessons for all ages and abilities. Class size is limited to 8 students.

#### 6 Sessions \$47.00

178146	Olney Swim Ctr	6/18	M, Tu, W	9:00am-9:30am
178145	Olney Swim Ctr	6/20	W	6:25pm-6:55pm
178141	Olney Swim Ctr	6/23	Sa	10:00am-10:30am
178142	Olney Swim Ctr	6/23	Sa	10:40am-11:10am
178143	Olney Swim Ctr	6/24	Su	10:00am-10:30am
178144	Olney Swim Ctr	6/24	Su	10:40am-11:10am
178147	Olney Swim Ctr	7/2	M, Tu, W	9:00am-9:30am
178148	Olney Swim Ctr	7/16	M, Tu, W	9:00am-9:30am
178149	Olney Swim Ctr	7/30	M, Tu, W	9:35am-10:05am

### OSC-Youth-Level 3

Designed for children at least 6 years old. Primarily taught in the Main Pool (3½ ft and deeper), this class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Swim lessons for all ages and abilities. Class size is limited to 10 students.

#### 6 Sessions \$45.00

178156	Olney Swim Ctr	6/18	M, Tu, W	9:35am-10:05am
178155	Olney Swim Ctr	6/20	W	7:05pm-7:35pm
178151	Olney Swim Ctr	6/23	Sa	10:40am-11:10am
178152	Olney Swim Ctr	6/24	Su	10:40am-11:10am
178153	Olney Swim Ctr	6/24	Su	11:20am-11:50am
178154	Olney Swim Ctr	6/28	Th	10:50am-11:20am
178157	Olney Swim Ctr	7/2	M, Tu, W	9:00am-9:30am
178158	Olney Swim Ctr	7/16	M, Tu, W	10:15am-10:45am
178159	Olney Swim Ctr	7/16	M, Tu, W	10:55am-11:25am
178160	Olney Swim Ctr	7/30	M, Tu, W	9:35am-10:05am

### OSC-Youth-Level 4

For children at least 6 years old. Primarily taught in the Main Pool (3½ ft and deeper), this class is for students who can already swim a coordinated front and back crawl for 15 yards (across width of the pool) and are comfortable in deep water. Swim lessons for all ages and abilities. Class size is limited to 10 students.

#### 6 Sessions \$45.00

178365	Olney Swim Ctr	6/18	M, Tu, W	10:15am-10:45am
178364	Olney Swim Ctr	6/20	W	7:05pm-7:35pm
178361	Olney Swim Ctr	6/23	Sa	11:20am-11:50am
178362	Olney Swim Ctr	6/24	Su	11:20am-11:50am
178363	Olney Swim Ctr	6/28	Th	10:10am-10:40am
178366	Olney Swim Ctr	7/2	M, Tu, W	10:55am-11:25am
178367	Olney Swim Ctr	7/16	M, Tu, W	10:55am-11:25am
178368	Olney Swim Ctr	7/30	M, Tu, W	10:15am-10:45am

### OSC-Youth-Level 5

For children at least 6 years old. Primarily taught in the Main Pool (3½ ft and deeper), this class is for students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water. For all ages and abilities. Class size is limited to 10 students.

#### 6 Sessions \$45.00

178372	Olney Swim Ctr	6/18	M, Tu, W	9:35am-10:05am
178371	Olney Swim Ctr	6/20	W	7:45pm-8:15pm
178369	Olney Swim Ctr	6/23	Sa	12:00pm-12:30pm
178370	Olney Swim Ctr	6/24	Su	12:00pm-12:30pm
178373	Olney Swim Ctr	7/2	M, Tu, W	10:15am-10:45am
178374	Olney Swim Ctr	7/16	M, Tu, W	9:35am-10:05am
178375	Olney Swim Ctr	7/16	M, Tu, W	10:15am-10:45am
178376	Olney Swim Ctr	7/30	M, Tu, W	10:55am-11:25am

### OSC-Youth-Level 6

For children at least 6 years old. Primarily taught in the Main Pool (3½ ft and deeper), this class is for students who can swim 2 lengths of front and back crawl in good form and 15 yards of breaststroke. For all ages and abilities. Class size is limited to 10 students.

#### 6 Sessions \$45.00

178377	Olney Swim Ctr	6/23	Sa	12:00pm-12:30pm
178378	Olney Swim Ctr	6/24	Su	12:00pm-12:30pm
178379	Olney Swim Ctr	7/2	M, Tu, W	9:35am-10:05am
178380	Olney Swim Ctr	7/16	M, Tu, W	9:35am-10:05am

### OSC-Adult-Level 1

For teenagers and adults (14 years and older) who are fearful of the water and/or may have had a bad experience in the water. Basic water adjustment skills will be taught. Swim lessons for all ages and abilities. Class size is limited to 6 students.

#### 6 Sessions \$54.00

178382	Olney Swim Ctr	6/20	W	7:45pm-8:15pm
178381	Olney Swim Ctr	6/28	Th	5:55pm-6:25pm
178383	Olney Swim Ctr	7/2	M, Tu, W	9:35am-10:05am

### OSC-Adult-Level 2

For teenagers and adults (14 years and older) who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. For all ages and abilities. Class size is limited to 10 students.

#### 6 Sessions \$52.00

178385	Olney Swim Ctr	6/20	W	7:05pm-7:35pm
178384	Olney Swim Ctr	6/23	Sa	11:20am-11:50am
178386	Olney Swim Ctr	7/2	M, Tu, W	9:00am-9:30am
178387	Olney Swim Ctr	7/16	M, Tu, W	10:15am-10:45am

### OSC-Adult-Level 3

Designed for teenagers and adults (14 years and older) who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Swim lessons for all ages and abilities. Class size is limited to 10 students.

#### 6 Sessions \$52.00

178389	Olney Swim Ctr	6/20	W	7:45pm-8:15pm
178388	Olney Swim Ctr	6/23	Sa	10:00am-10:30am
178390	Olney Swim Ctr	7/2	M, Tu, W	10:15am-10:45am
178391	Olney Swim Ctr	7/16	M, Tu, W	9:35am-10:05am

### OSC-Adult-Level 4

For teenagers and adults (14 years and older) for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. For all ages and abilities. Class size is limited to 10 students.

#### 6 Sessions \$52.00

178392	Olney Swim Ctr	6/23	Sa	10:40am-11:10am
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## Bethesda Outdoor Pool

Phone: 301-652-1598

Registration begins June 4. Swim lessons for all ages and abilities. Screening is available to evaluate the students abilities. Please call the lesson coordinator at 301-652-1598 to schedule a time (bring a suit and towel). Please read the course descriptions carefully. Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs. THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES. Courses are scheduled for eight 30 minute sessions with the goal to have six sessions due to weather. Morning classes are held on July 4th.

See page 14 for registration information.

### Bethesda-Waterbabies

Designed for children 6-18 months. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations. Morning classes are held on July 4th.

8 Sessions				\$45.00
172915	Swim:Bethesda Pool	6/16	Sa	9:40am-10:10am
172917	Swim:Bethesda Pool	6/17	Su	10:20am-10:50am
172916	Swim:Bethesda Pool	6/17	Su	11:00am-11:30am
172912	Swim:Bethesda Pool	7/2	M-Th	10:20am-10:50am
172913	Swim:Bethesda Pool	7/16	M-Th	10:20am-10:50am
172914	Swim:Bethesda Pool	7/30	M-Th	9:40am-10:10am

### Bethesda-Aquatots

For children 18 months-3 years of age. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations. Morning classes are held on July 4th.

8 Sessions				\$45.00
172872	Swim:Bethesda Pool	6/16	Sa	9:00am-9:30am
187543	Swim:Bethesda Pool	6/16	Sa	10:20am-10:50am
172873	Swim:Bethesda Pool	6/17	Su	9:00am-9:30am
172874	Swim:Bethesda Pool	6/17	Su	9:40am-10:10am
172868	Swim:Bethesda Pool	6/18	M-Th	10:20am-10:50am
172869	Swim:Bethesda Pool	7/2	M-Th	9:40am-10:10am
172870	Swim:Bethesda Pool	7/16	M-Th	9:00am-9:30am
172871	Swim:Bethesda Pool	7/30	M-Th	10:20am-10:50am



### Bethesda-Pre-School

For children 3-5 years of age. Basic water adjustment continues, but simple water skills are emphasized. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations. Morning classes are held on July 4th.

8 Sessions				\$45.00
172908	Swim:Bethesda Pool	6/16	Sa	9:00am-9:30am
172909	Swim:Bethesda Pool	6/16	Sa	11:00am-11:30am
172910	Swim:Bethesda Pool	6/17	Su	9:00am-9:30am
172904	Swim:Bethesda Pool	6/18	M-Th	9:00am-9:30am
172905	Swim:Bethesda Pool	7/2	M-Th	9:00am-9:30am
172906	Swim:Bethesda Pool	7/16	M-Th	9:40am-10:10am
172907	Swim:Bethesda Pool	7/30	M-Th	9:00am-9:30am

### Bethesda-Pre-Beginner-Level 1

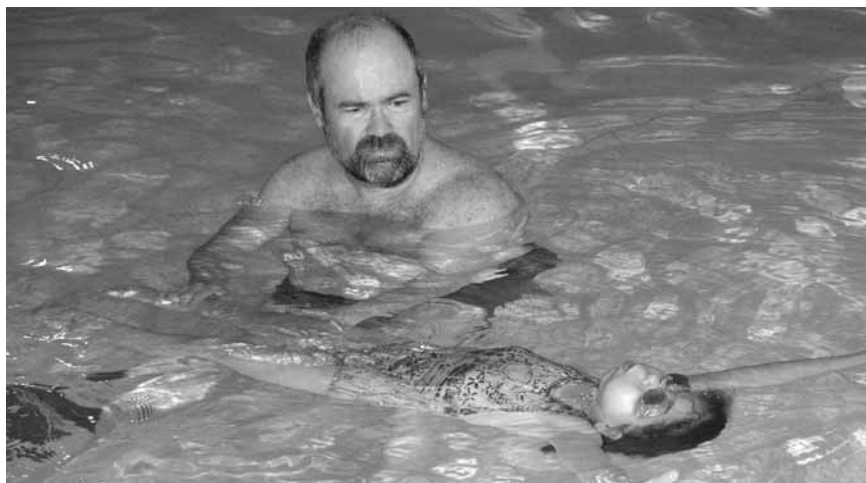
For children 4-6 years old. Parents DO NOT accompany children. This class is for students who need to learn basic water adjustment skills. Class size is limited to 5 students. Morning classes are held on July 4th.

8 Sessions				\$54.00
172884	Swim:Bethesda Pool	6/16	Sa	9:00am-9:30am
172885	Swim:Bethesda Pool	6/16	Sa	10:20am-10:50am
187546	Swim:Bethesda Pool	6/16	Sa	11:00am-11:30am
172887	Swim:Bethesda Pool	6/17	Su	9:40am-10:10am
172888	Swim:Bethesda Pool	6/17	Su	11:00am-11:30am
172876	Swim:Bethesda Pool	6/18	M-Th	9:00am-9:30am
172877	Swim:Bethesda Pool	6/18	M-Th	10:20am-10:50am
187544	Swim:Bethesda Pool	6/18	M-Th	10:20am-10:50am
172878	Swim:Bethesda Pool	7/2	M-Th	9:40am-10:10am
172879	Swim:Bethesda Pool	7/2	M-Th	10:20am-10:50am
172880	Swim:Bethesda Pool	7/16	M-Th	9:00am-9:30am
172881	Swim:Bethesda Pool	7/16	M-Th	9:40am-10:10am
187545	Swim:Bethesda Pool	7/16	M-Th	10:20am-10:50am
172882	Swim:Bethesda Pool	7/30	M-Th	9:00am-9:30am
172883	Swim:Bethesda Pool	7/30	M-Th	9:40am-10:10am

### Bethesda-Pre-Beginner-Level 2

For children 4-6 years. Parents DO NOT accompany children. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 6 students. Morning classes are held on July 4th.

8 Sessions				\$52.00
172894	Swim:Bethesda Pool	6/16	Sa	9:40am-10:10am
187550	Swim:Bethesda Pool	6/16	Sa	11:00am-11:30am
172896	Swim:Bethesda Pool	6/17	Su	10:20am-10:50am
172889	Swim:Bethesda Pool	6/18	M-Th	9:00am-9:30am
172890	Swim:Bethesda Pool	6/18	M-Th	9:40am-10:10am
172891	Swim:Bethesda Pool	7/2	M-Th	9:00am-9:30am
187547	Swim:Bethesda Pool	7/2	M-Th	9:40am-10:10am
172892	Swim:Bethesda Pool	7/16	M-Th	9:00am-9:30am
187548	Swim:Bethesda Pool	7/16	M-Th	10:20am-10:50am
172893	Swim:Bethesda Pool	7/30	M-Th	9:40am-10:10am
187549	Swim:Bethesda Pool	7/30	M-Th	10:20am-10:50am





### Bethesda-Pre-Beginner-Level 3

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 6 students. Morning classes are held on July 4th.

8 Sessions				\$52.00
172901	Swim:Bethesda Pool	6/17	Su	10:20am-10:50am
187551	Swim:Bethesda Pool	6/17	Su	11:00am-11:30am
172897	Swim:Bethesda Pool	6/18	M-Th	9:40am-10:10am
172898	Swim:Bethesda Pool	7/2	M-Th	9:00am-9:30am
172899	Swim:Bethesda Pool	7/2	M-Th	10:20am-10:50am
187552	Swim:Bethesda Pool	7/16	M-Th	9:40am-10:10am
187553	Swim:Bethesda Pool	7/30	M-Th	9:00am-9:30am

### Bethesda-Pre-Beginner-Level 4

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a coordinated front and back crawl for 15 yards (the width of the pool) and are comfortable in deep water. Class size is limited to 6 students. Morning classes are held on July 4th.

8 Sessions				\$52.00
172903	Swim:Bethesda Pool	7/30	M-Th	10:20am-10:50am

### Bethesda-Youth-Level 1

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who need to learn basic water adjustment skills. Class size is limited to 8 students. Morning classes are held on July 4th.

8 Sessions				\$47.00
172921	Swim:Bethesda Pool	6/17	Su	9:40am-10:10am
172918	Swim:Bethesda Pool	6/18	M-Th	9:00am-9:30am
172919	Swim:Bethesda Pool	7/2	M-Th	9:40am-10:10am
187555	Swim:Bethesda Pool	7/16	M-Th	10:20am-10:50am
172920	Swim:Bethesda Pool	7/30	M-Th	9:40am-10:10am

### Bethesda-Youth-Level 2

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 8 students. Morning classes are held on July 4th.

8 Sessions				\$47.00
187556	Swim:Bethesda Pool	6/16	Sa	10:20am-10:50am
172922	Swim:Bethesda Pool	6/18	M-Th	10:20am-10:50am
172923	Swim:Bethesda Pool	7/2	M-Th	9:00am-9:30am
172924	Swim:Bethesda Pool	7/30	M-Th	9:00am-9:30am

### Bethesda-Youth-Level 3

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students. Morning classes are held on July 4th.

8 Sessions				\$45.00
172927	Swim:Bethesda Pool	6/16	Sa	9:40am-10:10am
187558	Swim:Bethesda Pool	6/18	M-Th	9:40am-10:10am
187559	Swim:Bethesda Pool	7/2	M-Th	10:20am-10:50am
172926	Swim:Bethesda Pool	7/16	M-Th	9:40am-10:10am

### Bethesda-Youth-Level 4

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students. Morning classes are held on July 4th.

8 Sessions				\$45.00
187560	Swim:Bethesda Pool	6/17	Su	9:00am-9:30am
172928	Swim:Bethesda Pool	6/18	M-Th	9:40am-10:10am
187561	Swim:Bethesda Pool	7/30	M-Th	10:20am-10:50am



### Bethesda-Youth-Level 5

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water. Class size is limited to 10 students. Morning classes are held on July 4th.

8 Sessions				\$45.00
172930	Swim:Bethesda Pool	7/16	M-Th	9:00am-9:30am

### Bethesda-Adult-Level 2

Designed for teenagers and adults (14 years and older) who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 10 students. Morning classes are held on July 4th.

8 Sessions				\$52.00
172858	Swim:Bethesda Pool	6/18	M, W	8:10pm-8:40pm

### Bethesda-Adult-Level 3

Designed for teenagers and adults (14 years and older) who can already swim a combine stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students. Morning classes are held on July 4th.

8 Sessions				\$52.00
172859	Swim:Bethesda Pool	7/18	W, M	8:10pm-8:40pm



## Germantown Outdoor Pool

**Phone: 301-601-1690**

Registration begins June 4. Swim lessons for all ages and abilities. Screening is available to evaluate the students abilities. Please call the lesson coordinator at 301-601-1690 to schedule a time (bring a suit and towel). Please read the course descriptions carefully. Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs. **THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES.** Courses are scheduled for eight 30 minute sessions with the goal to have six sessions due to weather. Morning classes are held on July 4th.

See page 14 for registration information.

### Germantown-Waterbabies

Designed for children 6-18 months. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations. Morning classes are held on July 4th.

8 Sessions				\$45.00	
173105	Germantown Out	6/16	Sa	10:20am-10:50am	
173104	Germantown Out	7/2	M-Th	9:40am-10:10am	

### Germantown-Aquatots

Designed for children 18 months-3 years of age. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations. Morning classes are held on July 4th.

8 Sessions				\$45.00	
173062	Germantown Out	6/16	Sa	9:40am-10:10am	
173063	Germantown Out	6/16	Sa	11:00am-11:30am	
173064	Germantown Out	6/17	Su	9:00am-9:30am	
173060	Germantown Out	6/18	M-Th	9:40am-10:10am	
173061	Germantown Out	7/30	M-Th	9:40am-10:10am	



### Germantown-Pre-School

For children 3-5 years of age. Basic water adjustment continues, but simple water skills are emphasized. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations. Morning classes are held on July 4th.

8 Sessions				\$45.00	
173100	Germantown Out	6/16	Sa	9:00am-9:30am	
173101	Germantown Out	6/17	Su	9:40am-10:10am	
173098	Germantown Out	7/16	M-Th	9:40am-10:10am	
173099	Germantown Out	7/30	M-Th	10:20am-10:50am	

### Germantown-Pre-Beginner-Level 1

Designed for children 4-6 years old. Parents DO NOT accompany children. For students who need to learn basic water adjustment skills. Class size is limited to 5 students. Morning classes are held on July 4th.

8 Sessions				\$54.00	
173077	Germantown Out	6/16	Sa	9:00am-9:30am	
173078	Germantown Out	6/16	Sa	10:20am-10:50am	
173079	Germantown Out	6/16	Sa	11:00am-11:30am	
173080	Germantown Out	6/17	Su	9:00am-9:30am	
173081	Germantown Out	6/17	Su	11:00am-11:30am	
173065	Germantown Out	6/18	M-Th	9:00am-9:30am	
173066	Germantown Out	6/18	M-Th	9:40am-10:10am	
173067	Germantown Out	6/18	M-Th	10:20am-10:50am	
173069	Germantown Out	7/2	M-Th	9:00am-9:30am	
173070	Germantown Out	7/2	M-Th	9:40am-10:10am	
173071	Germantown Out	7/16	M-Th	9:00am-9:30am	
173073	Germantown Out	7/16	M-Th	10:20am-10:50am	
173074	Germantown Out	7/30	M-Th	9:00am-9:30am	
173075	Germantown Out	7/30	M-Th	9:00am-9:30am	
173076	Germantown Out	7/30	M-Th	9:40am-10:10am	

### Germantown-Pre-Beginner-Level 2

Designed for children 4-6 years old. Parents DO NOT accompany children. For students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 6 students. Morning classes are held on July 4th.

8 Sessions				\$52.00	
187563	Germantown Out	6/16	Sa	9:40am-10:10am	
173090	Germantown Out	6/16	Sa	11:00am-11:30am	
187568	Germantown Out	6/17	Su	9:40am-10:10am	
187562	Germantown Out	6/17	Su	10:20am-10:50am	
173091	Germantown Out	6/17	Su	11:00am-11:30am	
173082	Germantown Out	6/18	M-Th	9:00am-9:30am	
173083	Germantown Out	6/18	M-Th	9:40am-10:10am	
173084	Germantown Out	6/18	M-Th	10:20am-10:50am	
173085	Germantown Out	7/2	M-Th	9:00am-9:30am	
173086	Germantown Out	7/2	M-Th	9:40am-10:10am	
173087	Germantown Out	7/2	M-Th	10:20am-10:50am	
173088	Germantown Out	7/16	M-Th	9:00am-9:30am	
173089	Germantown Out	7/16	M-Th	9:40am-10:10am	
187564	Germantown Out	7/16	M-Th	10:20am-10:50am	
187565	Germantown Out	7/30	M-Th	9:00am-9:30am	
187566	Germantown Out	7/30	M-Th	9:40am-10:10am	
187567	Germantown Out	7/30	M-Th	10:20am-10:50am	



### Germantown-Pre-Beginner-Level 3

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 6 students. Morning classes are held on July 4th.

<b>8 Sessions</b>				<b>\$52.00</b>
173097	Germantown Out	6/17	Su	10:20am-10:50am
173092	Germantown Out	6/18	M-Th	10:20am-10:50am
173093	Germantown Out	7/16	M-Th	9:00am-9:30am
173094	Germantown Out	7/30	M-Th	10:20am-10:50am

### Germantown-Pre-Beginner-Level 4

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a coordinated front and back crawl for 15 yards (the width of the pool) and are comfortable in deep water. Swim lessons for all ages and abilities. Class size is limited to 6 students. Morning classes are held on July 4th.

<b>8 Sessions</b>				<b>\$52.00</b>
187570	Germantown Out	7/2	M-Th	10:20am-10:50am
187571	Germantown Out	7/16	M-Th	9:40am-10:10am

### Germantown-Youth-Level 1

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who need to learn basic water adjustment skills. Class size is limited to 8 students. Morning classes are held on July 4th.

<b>8 Sessions</b>				<b>\$47.00</b>
173114	Germantown Out	6/16	Sa	9:00am-9:30am
173115	Germantown Out	6/17	Su	11:00am-11:30am
173109	Germantown Out	6/18	M-Th	9:00am-9:30am
173111	Germantown Out	7/2	M-Th	10:20am-10:50am
173112	Germantown Out	7/16	M-Th	9:00am-9:30am
173113	Germantown Out	7/30	M-Th	9:00am-9:30am

### Germantown-Youth-Level 2

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 8 students. Morning classes are held on July 4th.

<b>8 Sessions</b>				<b>\$47.00</b>
173125	Germantown Out	6/16	Sa	9:40am-10:10am
173126	Germantown Out	6/17	Su	10:20am-10:50am
173117	Germantown Out	6/18	M-Th	9:40am-10:10am
173119	Germantown Out	7/2	M-Th	9:00am-9:30am
173121	Germantown Out	7/16	M-Th	10:20am-10:50am
173122	Germantown Out	7/30	M-Th	9:40am-10:10am

### Germantown-Youth-Level 3

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students. Morning classes are held on July 4th.

<b>8 Sessions</b>				<b>\$45.00</b>
173130	Germantown Out	6/16	Sa	10:20am-10:50am
173131	Germantown Out	6/17	Su	9:40am-10:10am
173127	Germantown Out	6/18	M-Th	9:00am-9:30am
173128	Germantown Out	7/2	M-Th	9:40am-10:10am
173129	Germantown Out	7/16	M-Th	9:40am-10:10am



### Germantown-Youth-Level 4

For children at least 6 years old. Primarily taught in the Main Pool (3½ ft and deeper), class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students. Morning classes are held on July 4th.

<b>8 Sessions</b>				<b>\$45.00</b>
173137	Germantown Out	6/17	Su	9:00am-9:30am
173133	Germantown Out	6/18	M-Th	10:20am-10:50am
173135	Germantown Out	7/16	M-Th	10:20am-10:50am

### Germantown-Youth-Level 5

Designed for children at least 6 years old. Primarily taught in the Main Pool (3½ ft and deeper), this class is for students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water. Class size is limited to 10 students. Morning classes are held on July 4th.

<b>8 Sessions</b>				<b>\$45.00</b>
173138	Germantown Out	7/2	M-Th	10:20am-10:50am
187572	Germantown Out	7/30	M-Th	10:20am-10:50am

### Parents overconfident in their child's swimming ability

According to the American Academy of Pediatrics, "generally, children are not developmentally ready for swimming lessons until after their fourth birthday. Aquatic programs for infants and toddlers have not been shown to decrease the risk of drowning, and parents should not feel secure that their child is safe in water or safe from drowning after participating in such programs." Parent assisted classes will help a child adapt and feel comfortable in the water, helping to prepare the child for future lessons.

That doesn't mean, however, that children should not get swimming instruction.

"Some have the misconception that the AAP is saying that no child should have swimming lessons until they are 4. There are developmental differences with every child," said Dr. Eric Small, chairman of the AAP Council on Sports Medicine and Fitness.

What he does stress is that parents should be within arm's reach of a child, regardless of whether that child has had swimming lessons, until a child is 6 to 8 years old, depending on the child's swimming ability.

"Physically, children are not ready for all the coordination of the motions and the balance in the water at younger ages than 4. Some are not ready until they are 5 or 6," Dr. Small said.

The AAP report on swimming safety states that "children who begin swimming lessons at an earlier age does not translate to a more rapid mastery of aquatic skills or a higher level of swimming proficiency compared with those taking lessons at a later age."

Drowning is a leading cause of unintentional injury and death in the pediatric age group. In the United States, drowning rates are the highest among children ages 1 through 2, according to the AAP.



## Glenmont Outdoor Pool

**Phone: 301-929-5460**

Registration begins June 4. Swim lessons for all ages and abilities. Screening is available to evaluate the students abilities. Please call the lesson coordinator at 301-929-5460 to schedule a time (bring a suit and towel). Please read the course descriptions carefully. Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs. **THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES.** Courses are scheduled for eight 30 minute sessions with the goal to have six sessions due to weather. Morning classes are held on July 4th.

See page 14 for registration information.

### Wheaton/Glen-Waterbabies

Designed for children 6-18 months. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations. Morning classes are held on July 4th.

8 Sessions		\$45.00	
173000	Wheaton/Glen Pool 6/16 Sa	9:40am-10:10am	
173003	Wheaton/Glen Pool 7/16 M-Th	10:30am-11:00am	

### Wheaton/Glen-Aquatots

Designed for children 18 months-3 years of age. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations. Morning classes are held on July 4th.

8 Sessions		\$45.00	
172934	Wheaton/Glen Pool 6/16 Sa	10:20am-10:50am	
172935	Wheaton/Glen Pool 6/17 Su	9:00am-9:30am	
172936	Wheaton/Glen Pool 7/2 M-Th	10:30am-11:00am	
172938	Wheaton/Glen Pool 7/16 M-Th	9:50am-10:20am	
172939	Wheaton/Glen Pool 7/30 M-Th	9:15am-9:45am	



## Wheaton/Glen-Pre-School

For children 3-5 years of age. Basic water adjustment continues, but simple water skills are emphasized. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations. Morning classes are held on July 4th.

8 Sessions		\$45.00	
172992	Wheaton/Glen Pool 6/16 Sa	9:00am-9:30am	
172993	Wheaton/Glen Pool 6/17 Su	10:20am-10:50am	
172994	Wheaton/Glen Pool 6/18 M-Th	9:15am-9:45am	
172995	Wheaton/Glen Pool 6/18 M-Th	10:30am-11:00am	
172996	Wheaton/Glen Pool 7/2 M-Th	9:15am-9:45am	
172999	Wheaton/Glen Pool 7/30 M-Th	9:50am-10:20am	

## Wheaton/Glen-Pre-Beginner-Level 1

For children 4-6 years old. Parents DO NOT accompany children. This class is for students who need to learn basic water adjustment skills. Class size is limited to 5 students. Morning classes are held on July 4th.

8 Sessions		\$54.00	
172940	Wheaton/Glen Pool 6/16 Sa	9:40am-10:10am	
172941	Wheaton/Glen Pool 6/16 Sa	10:20am-10:50am	
172942	Wheaton/Glen Pool 6/17 Su	9:00am-9:30am	
172943	Wheaton/Glen Pool 6/17 Su	9:40am-10:10am	
172945	Wheaton/Glen Pool 6/18 M-Th	9:15am-9:45am	
172947	Wheaton/Glen Pool 6/18 M-Th	9:50am-10:20am	
172949	Wheaton/Glen Pool 6/18 M-Th	10:30am-11:00am	
172951	Wheaton/Glen Pool 7/2 M-Th	9:15am-9:45am	
172953	Wheaton/Glen Pool 7/2 M-Th	9:50am-10:20am	
172954	Wheaton/Glen Pool 7/2 M-Th	10:30am-11:00am	
172955	Wheaton/Glen Pool 7/16 M-Th	9:15am-9:45am	
172957	Wheaton/Glen Pool 7/16 M-Th	9:50am-10:20am	
172958	Wheaton/Glen Pool 7/16 M-Th	10:30am-11:00am	
172960	Wheaton/Glen Pool 7/30 M-Th	9:50am-10:20am	
172961	Wheaton/Glen Pool 7/30 M-Th	10:30am-11:00am	

## Wheaton/Glen-Pre-Beginner-Level 2

For children 4-6 years old. Parents DO NOT accompany children. For students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 6 students. Morning classes are held on July 4th.

8 Sessions		\$52.00	
172962	Wheaton/Glen Pool 6/16 Sa	9:00am-9:30am	
172963	Wheaton/Glen Pool 6/16 Sa	10:20am-10:50am	
172964	Wheaton/Glen Pool 6/17 Su	9:40am-10:10am	
172966	Wheaton/Glen Pool 6/18 M-Th	9:15am-9:45am	
172967	Wheaton/Glen Pool 6/18 M-Th	9:50am-10:20am	
172969	Wheaton/Glen Pool 6/18 M-Th	10:30am-11:00am	
172970	Wheaton/Glen Pool 7/2 M-Th	9:15am-9:45am	
172972	Wheaton/Glen Pool 7/2 M-Th	9:50am-10:20am	
172974	Wheaton/Glen Pool 7/2 M-Th	10:30am-11:00am	
172976	Wheaton/Glen Pool 7/16 M-Th	9:50am-10:20am	
172977	Wheaton/Glen Pool 7/16 M-Th	10:30am-11:00am	
172978	Wheaton/Glen Pool 7/30 M-Th	9:15am-9:45am	

## Wheaton/Glen-Pre-Beginner-Level 3

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 6 students. Morning classes are held on July 4th.

8 Sessions		\$52.00	
172980	Wheaton/Glen Pool 6/18 M-Th	9:50am-10:20am	
172983	Wheaton/Glen Pool 7/2 M-Th	10:30am-11:00am	
172985	Wheaton/Glen Pool 7/16 M-Th	9:15am-9:45am	
172987	Wheaton/Glen Pool 7/30 M-Th	9:15am-9:45am	
172988	Wheaton/Glen Pool 7/30 M-Th	9:50am-10:20am	



### Wheaton/Glen-Pre-Beginner-Level 4

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a coordinated front and back crawl for 15 yards (the width of the pool) and are comfortable in deep water. Class size is limited to 6 students. Morning classes are held on July 4th.

<b>8 Sessions</b>				<b>\$52.00</b>
172989	Wheaton/Glen Pool	6/18	M-Th	9:50am-10:20am
172990	Wheaton/Glen Pool	7/16	M-Th	9:50am-10:20am
182893	Wheaton/Glen Pool	7/30	M-Th	9:50am-10:20am

### Wheaton/Glen-Youth-Level 1

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who need to learn basic water adjustment skills. Class size is limited to 8 students. Morning classes are held on July 4th.

<b>8 Sessions</b>				<b>\$47.00</b>
173005	Wheaton/Glen Pool	6/16	Sa	9:00am-9:30am
173006	Wheaton/Glen Pool	6/17	Su	9:40am-10:10am
173009	Wheaton/Glen Pool	6/18	M-Th	10:30am-11:00am
173011	Wheaton/Glen Pool	7/2	M-Th	9:50am-10:20am
173017	Wheaton/Glen Pool	7/30	M-Th	10:30am-11:00am

### Wheaton/Glen-Youth-Level 2

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 8 students. Morning classes are held on July 4th.

<b>8 Sessions</b>				<b>\$47.00</b>
173018	Wheaton/Glen Pool	6/16	Sa	9:40am-10:10am
173019	Wheaton/Glen Pool	6/17	Su	10:20am-10:50am
173020	Wheaton/Glen Pool	6/18	M-Th	9:15am-9:45am
173024	Wheaton/Glen Pool	7/2	M-Th	9:15am-9:45am
173025	Wheaton/Glen Pool	7/2	M-Th	9:50am-10:20am
173026	Wheaton/Glen Pool	7/2	M-Th	10:30am-11:00am
173029	Wheaton/Glen Pool	7/30	M-Th	9:15am-9:45am
173031	Wheaton/Glen Pool	7/30	M-Th	10:30am-11:00am

### Wheaton/Glen-Youth-Level 3

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students. Morning classes are held on July 4th.

<b>8 Sessions</b>				<b>\$45.00</b>
173032	Wheaton/Glen Pool	6/17	Su	9:00am-9:30am
173036	Wheaton/Glen Pool	7/2	M-Th	9:15am-9:45am
173037	Wheaton/Glen Pool	7/2	M-Th	9:50am-10:20am
173039	Wheaton/Glen Pool	7/16	M-Th	9:15am-9:45am
173040	Wheaton/Glen Pool	7/16	M-Th	10:30am-11:00am
182593	Wheaton/Glen Pool	7/30	M-Th	10:30am-11:00am

### Wheaton/Glen-Youth-Level 4

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students. Morning classes are held on July 4th.

<b>8 Sessions</b>				<b>\$45.00</b>
173041	Wheaton/Glen Pool	7/16	M-Th	9:15am-9:45am
173043	Wheaton/Glen Pool	7/30	M-Th	9:15am-9:45am

### Wheaton/Glen-Youth-Level 5

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water. Class size is limited to 10 students. Morning classes are held on July 4th.

<b>8 Sessions</b>				<b>\$45.00</b>
173045	Wheaton/Glen Pool	7/30	M-Th	10:30am-11:00am

### Wheaton/Glen-Youth-Level 6

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can swim 2 lengths of front and back crawl in good form and 15 yards of breaststroke. Class size is limited to 10 students. Morning classes are held on July 4th.

<b>8 Sessions</b>				<b>\$45.00</b>
173046	Wheaton/Glen Pool	7/30	M-Th	9:50am-10:20am

### Wheaton/Glen-Adult-Level 1

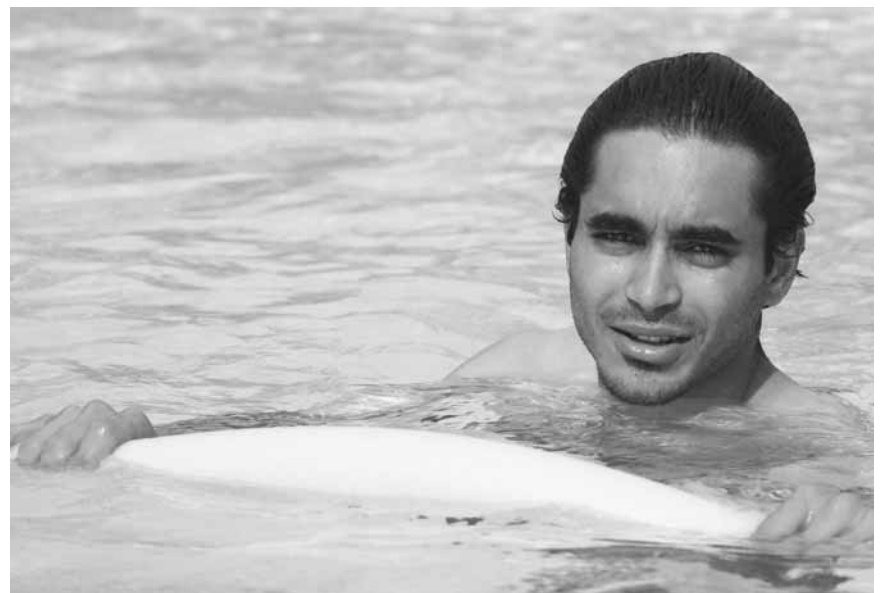
Designed for teenagers and adults (14 years and older) who are fearful of the water and/or may have had a bad experience in the water. Basic water adjustment skills will be taught. Class size is limited to 6 students. Morning classes are held on July 4th.

<b>8 Sessions</b>				<b>\$54.00</b>
172931	Wheaton/Glen Pool	6/17	Su	10:20am-10:50am
172932	Wheaton/Glen Pool	6/21	Th	8:10pm-8:40pm

### Wheaton/Glen-Adult-Level 2

Designed for teenagers and adults (14 years and older) who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 10 students. Morning classes are held on July 4th.

<b>8 Sessions</b>				<b>\$52.00</b>
172933	Wheaton/Glen Pool	6/19	Tu	8:10pm-8:40pm



## Long Branch Outdoor Pool

**Phone: 301-431-5700**

Registration begins June 4. Swim lessons for all ages and abilities. Screening is available to evaluate the students abilities. Please call the lesson coordinator at 301-431-5700 to schedule a time (bring a suit and towel). Please read the course descriptions carefully. Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs. **THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES.** Courses are scheduled for eight 30 minute sessions with the goal to have six sessions due to weather. Morning classes are held on July 4th. See page 14 for registration information.

### Long Branch-Waterbabies

Designed for children 6-18 months. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations. Morning classes are held on July 4th.

**8 Sessions \$45.00**  
173163 Long Branch Pool 6/17 Su 11:00am-11:30am

### Long Branch-Aquatots

Designed for children 18 months-3 years of age. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations. Morning classes are held on July 4th.

**8 Sessions \$45.00**  
173143 Long Branch Pool 6/17 Su 10:20am-10:50am  
173144 Long Branch Pool 7/16 M-Th 9:00am-9:30am



### Long Branch-Pre-School

For children 3-5 years of age. Basic water adjustment continues, but simple water skills are emphasized. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations. Morning classes are held on July 4th.

**8 Sessions \$45.00**  
173160 Long Branch Pool 6/17 Su 9:40am-10:10am  
173161 Long Branch Pool 6/18 M-Th 9:40am-10:10am  
173162 Long Branch Pool 7/17 Tu, Th 7:30am-8:00am  
187579 Long Branch Pool 7/30 M-Th 10:20am-10:50am



### Long Branch-Pre-Beginner-Level 1

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who need to learn basic water adjustment skills. Class size is limited to 5 students. Morning classes are held on July 4th.

**8 Sessions \$54.00**  
173145 Long Branch Pool 6/17 Su 9:40am-10:10am  
173146 Long Branch Pool 6/18 M-Th 9:00am-9:30am  
173147 Long Branch Pool 7/2 M-Th 9:40am-10:10am  
173148 Long Branch Pool 7/2 M-Th 10:20am-10:50am  
173149 Long Branch Pool 7/16 M-Th 9:40am-10:10am  
187577 Long Branch Pool 7/30 M-Th 9:00am-9:30am  
187578 Long Branch Pool 7/30 M-Th 10:20am-10:50am

### Long Branch-Pre-Beginner-Level 2

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 6 students. Morning classes are held on July 4th.

**8 Sessions \$52.00**  
173150 Long Branch Pool 6/17 Su 10:20am-10:50am  
173151 Long Branch Pool 6/18 M-Th 10:20am-10:50am  
173152 Long Branch Pool 7/2 M-Th 9:00am-9:30am  
173153 Long Branch Pool 7/16 M-Th 10:20am-10:50am  
173154 Long Branch Pool 7/30 M-Th 9:40am-10:10am

### Long Branch-Pre-Beginner-Level 3

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 6 students. Morning classes are held on July 4th.

**8 Sessions \$52.00**  
173157 Long Branch Pool 6/12 Tu, Th 7:30pm-8:00pm  
173155 Long Branch Pool 6/17 Su 11:00am-11:30am  
173156 Long Branch Pool 6/18 M-Th 9:40am-10:10am

### Long Branch-Youth-Level 1

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who need to learn basic water adjustment skills. Class size is limited to 8 students. Morning classes are held on July 4th.

**8 Sessions \$47.00**  
187580 Long Branch Pool 6/12 Tu, Th 7:30pm-8:00pm  
173165 Long Branch Pool 6/17 Su 10:20am-10:50am  
173166 Long Branch Pool 6/18 M-Th 10:20am-10:50am  
173167 Long Branch Pool 7/2 M-Th 9:00am-9:30am  
173168 Long Branch Pool 7/16 M-Th 9:40am-10:10am  
173169 Long Branch Pool 7/30 M-Th 9:40am-10:10am



### Long Branch-Youth-Level 2

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 8 students. Morning classes are held on July 4th.

**8 Sessions \$47.00**

173170	Long Branch Pool	6/17	Su	11:00am-11:30am
173171	Long Branch Pool	6/18	M-Th	9:00am-9:30am
173172	Long Branch Pool	7/2	M-Th	9:40am-10:10am
173173	Long Branch Pool	7/16	M-Th	10:20am-10:50am

### Long Branch-Youth-Level 3

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students. Morning classes are held on July 4th.

**8 Sessions \$45.00**

173177	Long Branch Pool	6/17	Su	9:40am-10:10am
173178	Long Branch Pool	7/2	M-Th	10:20am-10:50am
173180	Long Branch Pool	7/17	Tu, Th	7:30pm-8:00pm
173179	Long Branch Pool	7/30	M-Th	9:00am-9:40am

### Long Branch-Youth-Level 4

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students. Morning classes are held on July 4th.

**8 Sessions \$45.00**

173182	Long Branch Pool	7/16	M-Th	9:00am-9:30am
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### Long Branch-Adult-Level 1

Designed for teenagers and adults (14 years and older) who are fearful of the water and/or may have had a bad experience in the water. Basic water adjustment skills will be taught. Class size is limited to 6 students. Morning classes are held on July 4th.

**8 Sessions \$54.00**

173140	Long Branch Pool	6/12	Tu, Th	8:00pm-8:30pm
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### Long Branch-Adult-Level 2

Designed for teenagers and adults (14 years and older) who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 10 students. Morning classes are held on July 4th.

**8 Sessions \$52.00**

173142	Long Branch Pool	7/17	Tu, Th	8:00pm-8:30pm
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### Upper County Outdoor Pool

**Phone: 301-840-2446**

Registration begins June 4. Swim lessons for all ages and abilities. Screening is available to evaluate the students abilities. Please call the lesson coordinator at 301-840-2446 to schedule a time (bring a suit and towel). Please read the course descriptions carefully. Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs. **THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES.** Courses are scheduled for eight 30 minute sessions with the goal to have six sessions due to weather. Morning classes are held on July 4th.

See page 14 for registration information.

### Upper County-Waterbabies

Designed for children 6-18 months. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations. Morning classes are held on July 4th.

**8 Sessions \$45.00**

187585	Upper County Pool	7/2	M-Th	9:00am-9:30am
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### Upper County-Aquatots

Designed for children 18 months-3 years of age. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations. Morning classes are held on July 4th.

**8 Sessions \$45.00**

187582	Upper County Pool	6/17	Su	10:20am-10:50am
187581	Upper County Pool	7/16	M-Th	10:20am-10:50am

### Upper County-Pre-School

For children 3-5 years of age. Basic water adjustment continues, but simple water skills are emphasized. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations. Morning classes are held on July 4th.

**8 Sessions \$45.00**

173211	Upper County Pool	6/17	Su	9:40am-10:10am
173210	Upper County Pool	6/18	M-Th	10:20am-10:50am
173212	Upper County Pool	7/16	M-Th	10:20am-10:50am

*Unsure what level is right for your child? We screen to make sure each student is in the correct class.*

**Upper County-Pre-Beginner-Level 1**

For children 4-6 years old. Parents DO NOT accompany children. This class is for students who need to learn basic water adjustment skills. Class size is limited to 5 students. Morning classes are held on July 4th.

**8 Sessions \$54.00**

173188	Upper County Pool	6/17	Su	11:00am-11:30am
173185	Upper County Pool	6/18	M-Th	9:00am-9:30am
173186	Upper County Pool	7/2	M-Th	9:40am-10:10am
173187	Upper County Pool	7/16	M-Th	9:00am-9:30am

**Upper County-Pre-Beginner-Level 2**

For children 4-6 years old. Parents DO NOT accompany children. For students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 6 students. Morning classes are held on July 4th.

**8 Sessions \$52.00**

173196	Upper County Pool	6/18	M-Th	9:40am-10:10am
173197	Upper County Pool	7/2	M-Th	9:00am-9:30am
173198	Upper County Pool	7/2	M-Th	9:40am-10:10am
173199	Upper County Pool	7/16	M-Th	9:40am-10:10am
173200	Upper County Pool	6/17	Su	11:00am-11:30am

**Upper County-Pre-Beginner-Level 3**

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 6 students. Morning classes are held on July 4th.

**8 Sessions \$52.00**

187583	Upper County Pool	7/2	M-Th	9:00am-9:30am
187584	Upper County Pool	7/2	M-Th	10:20am-10:50am

**Upper County-Youth-Level 1**

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who need to learn basic water adjustment skills. Class size is limited to 8 students. Morning classes are held on July 4th.

**8 Sessions \$47.00**

173213	Upper County Pool	6/18	M-Th	9:00am-9:30am
173214	Upper County Pool	7/2	M-Th	9:40am-10:10am
187587	Upper County Pool	7/8	Su	9:40am-10:10am
187586	Upper County Pool	7/16	M-Th	10:20am-10:50am

**Upper County-Youth-Level 2**

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 8 students. Morning classes are held on July 4th.

**8 Sessions \$47.00**

173216	Upper County Pool	6/18	M-Th	9:40am-10:10am
187588	Upper County Pool	6/24	Su	9:40am-10:10am
173217	Upper County Pool	7/2	M-Th	10:20am-10:50am
173218	Upper County Pool	7/16	M-Th	9:00am-9:30am

**Upper County-Youth-Level 3**

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students. Morning classes are held on July 4th.

**8 Sessions \$45.00**

173220	Upper County Pool	6/18	M-Th	10:20am-10:50am
173221	Upper County Pool	7/2	M-Th	9:00am-9:30am
173222	Upper County Pool	7/16	M-Th	9:40am-10:10am

**Western County Pool**

**Phone: 301-349-2217**

Registration begins June 4. Swim lessons for all ages and abilities. Screening is available to evaluate the students abilities. Please call the lesson coordinator at 301-349-2217 to schedule a time (bring a suit and towel). Please read the course descriptions carefully. Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs. THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES. Courses are scheduled for eight 30 minute sessions with the goal to have six sessions due to weather. Morning classes are held on July 4th.

See page 14 for registration information.

**Western-Aquatots**

Designed for children 18 months-3 years of age. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations. Morning classes are held on July 4th.

**8 Sessions \$45.00**

173226	Western Cnty Pool	6/16	Sa	9:40am-10:10am
173223	Western Cnty Pool	7/2	M-Th	11:00am-11:30am
173224	Western Cnty Pool	7/16	M-Th	11:00am-11:30am
173225	Western Cnty Pool	7/30	M-Th	10:20am-10:50am

**Western-Pre-School**

Designed for children 3-5 years of age. Basic water adjustment continues, but simple water skills are now emphasized. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations. Morning classes are held on July 4th.

**8 Sessions \$45.00**

173273	Western Cnty Pool	6/18	M-Th	11:00am-11:30am
173274	Western Cnty Pool	7/30	M-Th	9:40am-10:10am
173275	Western Cnty Pool	6/16	Sa	9:00am-9:30am
173276	Western Cnty Pool	6/16	Sa	11:00am-11:30am





### Western-Pre-Beginner-Level 1

Designed for children 4-6 years old. Parents DO NOT accompany children. For students who need to learn basic water adjustment skills. Class size is limited to 5 students. Morning classes are held on July 4th.

8 Sessions				\$54.00
173237	Western Cnty Pool	6/16	Sa	9:00am-9:30am
173238	Western Cnty Pool	6/16	Sa	11:00am-11:30am
173229	Western Cnty Pool	6/18	M-Th	10:20am-10:50am
173230	Western Cnty Pool	6/18	M-Th	11:00am-11:30am
173231	Western Cnty Pool	7/2	M-Th	9:40am-10:10am
173232	Western Cnty Pool	7/2	M-Th	10:20am-10:50am
173233	Western Cnty Pool	7/16	M-Th	9:40am-10:10am
173234	Western Cnty Pool	7/16	M-Th	10:20am-10:50am
173235	Western Cnty Pool	7/30	M-Th	9:40am-10:10am
173236	Western Cnty Pool	7/30	M-Th	11:00am-11:30am

### Western-Pre-Beginner-Level 2

Designed for children 4-6 years old. Parents DO NOT accompany children. For students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 6 students. Morning classes are held on July 4th.

8 Sessions				\$52.00
173252	Western Cnty Pool	6/16	Sa	9:40am-10:10am
173253	Western Cnty Pool	6/16	Sa	10:20am-10:50am
173247	Western Cnty Pool	6/18	M-Th	9:40am-10:10am
173248	Western Cnty Pool	6/18	M-Th	10:20am-10:50am
173249	Western Cnty Pool	7/2	M-Th	10:20am-10:50am
173250	Western Cnty Pool	7/16	M-Th	9:40am-10:10am
173251	Western Cnty Pool	7/16	M-Th	11:00am-11:30am
187589	Western Cnty Pool	7/30	M-Th	11:00am-11:30am

### Western-Pre-Beginner-Level 3

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 6 students. Morning classes are held on July 4th.

8 Sessions				\$52.00
173269	Western Cnty Pool	6/16	Sa	10:20am-10:50am
173265	Western Cnty Pool	6/18	M-Th	9:40am-10:10am
173266	Western Cnty Pool	7/2	M-Th	9:40am-10:10am
173267	Western Cnty Pool	7/2	M-Th	11:00am-11:30am
173268	Western Cnty Pool	7/30	M-Th	10:20am-10:50am



### Western-Youth-Level 1

Designed for children at least 6 years old. Primarily taught in the Main Pool (3½ ft and deeper), this class is for students who need to learn basic water adjustment skills. Class size is limited to 8 students. Morning classes are held on July 4th.

8 Sessions				\$47.00
173287	Western Cnty Pool	6/16	Sa	9:00am-9:30am
173285	Western Cnty Pool	6/18	M-Th	9:40am-10:10am
173286	Western Cnty Pool	7/2	M-Th	10:20am-10:50am
187590	Western Cnty Pool	7/16	M-Th	10:20am-10:50am
187591	Western Cnty Pool	7/30	M-Th	10:20am-10:50am

### Western-Youth-Level 2

Designed for children at least 6 years old. Primarily taught in the Main Pool (3½ ft and deeper), this class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 8 students. Morning classes are held on July 4th.

8 Sessions				\$47.00
187592	Western Cnty Pool	6/16	Sa	9:40am-10:10am
173288	Western Cnty Pool	6/18	M-Th	10:20am-10:50am
173289	Western Cnty Pool	7/2	M-Th	11:00am-11:30am
173290	Western Cnty Pool	7/16	M-Th	9:40am-10:10am

### Western-Youth-Level 3

Designed for children at least 6 years old. Primarily taught in the Main Pool (3½ ft and deeper), this class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students. Morning classes are held on July 4th.

8 Sessions				\$45.00
173295	Western Cnty Pool	6/16	Sa	10:20am-10:50am
173291	Western Cnty Pool	6/18	M-Th	11:00am-11:30am
173292	Western Cnty Pool	7/2	M-Th	9:40am-10:10am
173293	Western Cnty Pool	7/16	M-Th	10:20am-10:50am
173294	Western Cnty Pool	7/30	M-Th	11:00am-11:30am

### Western-Youth-Level 4

For children at least 6 years old. Primarily taught in the Main Pool (3½ ft and deeper), this class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students. Morning classes are held on July 4th.

8 Sessions				\$45.00
173301	Western Cnty Pool	6/16	Sa	11:00am-11:30am
173299	Western Cnty Pool	7/16	M-Th	11:00am-11:30am
173300	Western Cnty Pool	7/30	M-Th	9:40am-10:10am



*Ready...set, jump into our swim lessons!*



# Summer Camps



AND PROGRAMS

Ages 3-21

*Register today for a  
fun-filled Summer  
(Spaces are filling fast.)*

**Act now**  
while openings  
are still available!

montgomerycountymd.gov/rec  
or call 240-777-6870

(Also check out the Summer  
Employment Opportunities)

*Give your  
child a  
Summer to  
remember.*



# WELLNESS FEATURE

## Summertime Energy Savings



Summer is here! For the first time, Daylight Saving Time was extended by four weeks as a result of the Energy Policy Act of 2005 (the first Sunday in March to the First Sunday in November) and is expected to save over 10,000 barrels of oil because of the extended afternoon and evening light.

Here are some additional tips to keep your pockets and the environment well.

**Turn off unneeded lights.** Not just when no one is occupying the room, but open the shades and try to use as much natural light as possible during the mornings.

**Set your thermostat to 78° when you are home, and 85° when you are away.** For each degree set above 72°, you will save up to 3% of your energy bill.

**Unplug major electrical devices when not in use.** For vacations, unplug televisions, the microwave and other larger appliances and when not in use, turn off computers and printers from the power strip. These items still draw power, even when they are turned off.

**Use the warm or cold water setting when washing clothes.** Using a cold water rinse can save you up to 5% of your energy bill.

**Change the filters in your heating/cooling system.** During any season, these should be changed monthly.

**Use your appliances wisely.** To prevent electricity outages, avoid running large appliances during peak hours (3-7pm).

**Consider changing your old thermostat to a programmable one.** You can save up to \$200 a year.

**Install fans.**

- With ceiling fans throughout the entire house, you reduce the need to use the air conditioner.
- With a whole house fan installed in the attic, it draws in cool air while forcing out hot air if used when the temperature outside drops below 80° (in the mornings; evenings).

**"Summerize" your car.** Fill up those tires, change your filters, check those fluids, buy a windshield reflector, and when you can park in the shade. The better your car runs, and the cooler it stays, the less energy required to keep it running, and cool.

## Summertime Grilling

Many of us enjoy backyard barbecues once it's warm, but we need to take great care with our cooking techniques, as many harmful compounds are produced from charring meat and drippings onto the coals. Use some of these tips to keep your barbecues healthy and safe!

- Always choose leaner meats and trim the fat of others
- Remove the skin from poultry
- Pre-cook meats, fish and poultry, and then briefly grill for added flavor
- Keep meat portions smaller, so they take less time to cook
- Fix the drips- keep the juices from dripping by covering the grill with punctured foil, or do not place the meat directly over the fire
- Flip frequently- using a lower flame and flipping consistently accelerates the cooking process
- Marinate meats hours before grilling



### Upcoming events:

**KidFest** May 6, 2007, 12:00-5:00pm, at Cabin John Regional Park

**Outdoor Healthy Challenge** June 16th from 10:00-1:00pm in conjunction with *The Gazette* and Montgomery Parks at the South Germantown Park

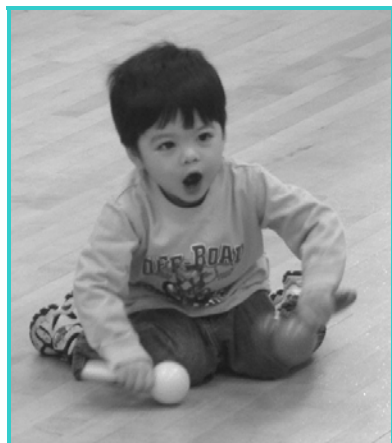
**Health Freedom Walk** June 9, 9:00am, 16501 Norwood Road, Sandy Spring, MD



# Creative Arts Classes

**Summer 2007**  
Beginning June 18, 2007

## ***Classes and workshops for all ages and abilities!***



*Join us for a  
wide variety of classes  
in dance, music, theater arts  
and visual arts!  
From ballet to hip hop to piano  
to acting to painting  
—and more—  
there's a class for you!*



### ***Look at some of what we offer—for little kids and “big kids” alike!!***

Beginning Guitar  
Piano  
Street Jazz  
Mini-Sculptures (Sculpey)  
Collage and Mixed Media  
Hip Hop

Advanced Guitar  
Jazz/Tap Combo  
Beginning Ballet  
Drama Kids  
Summer Workout  
Instrumental Ensemble for High School

Instrumental Exploration  
Puppetmaking  
Intermediate Ballet  
Musical Theater Prep  
Broadway in Concert  
Elements of Fine Art and Design

### ***And don't forget our summer camps!***

***Arts Camps (for kids entering grades 2–8); “Adventures in the Arts” (ages 3–6);  
Magic Camp; and Ballet Dance Camp***

**For more information, call 301.528.2260 or visit [www.blackrockcenter.org](http://www.blackrockcenter.org).  
(Limited scholarships available.)**

BlackRock Center for the Arts 12901 Town Commons Drive Germantown, Md. 20874

## **We Want You!**

**Part-time Staff** are needed to lead a wide variety of activities.  
Become part of our team!

Call 240-777-6840 for an application.

**Contractual Instructors** are needed to instruct professional quality  
classes for all ages. Send a resume and class proposal to:

Montgomery County Recreation Department  
Contracts  
4010 Randolph Road  
Silver Spring, MD 20902

## **Volunteer this Summer!**

- Lead or assist in children's activities
- Support your local community center
- Work with individuals with disabilities
- Provide administrative support
- Help with senior adult programs
- Serve on the advisory board
- Make special events successful!

**Become part of our team!**  
Just call the team you want to work with.



# CLASSES

*Learn it...**Love it...**Live it...*

## Summer Highlights

### Arts & Crafts for Youth & Adults

Art in the Park (ages 4-9)

Watercolor Experience (ages 18-99)

Open Darkroom - Photography (ages 16 &amp; Up)



### Dance for Adults

Hip Hop/Latin for Adults (ages 18 &amp; Up)

Summer Special Occasion Dance Workshop (ages 18 &amp; Up)

Dance Party Summer Sampler (ages 18 &amp; Up)

### Dance for Youth

Hip Hop into High School Musical (ages 7-11)

Ballroom for Teens-Intensive Workshop (ages 11-17)

### Cooking

New Vegan Salads &amp; Deserts (ages 18 &amp; Up)

Virginia Menu (ages 15 &amp; Up)

Plus...3 New Wine &amp; Dine classes (ages 21&amp;Up)



### Exercise and Fitness for Youth & Adult

The Ultimate Boxing Workout (ages 7-15 and 16 &amp; Up)

The Ultimate Jump Off (ages 7-15 and 16 &amp; Up)

Dynamic Abs (ages 13 &amp; Up)

### Wellness

Awareness: Giant Step to Better Health- (ages 18 &amp; Up)

Workshop-Stress Reduction for Daily Life: (ages 16 &amp; Up)

Kid Yoga- (ages 6-12)

Yoga in the Park- (ages 16 &amp; Up)



### Tiny Tots

Tiny Hands Summer Fun (ages 2-7)

Music In Motion (ages 1½ -4)

### Xciting Xtras

Princess Tea Party (ages 4-7)

Chess (ages 6&amp;Up)

Dog Obedience (ages 12&amp; Up)

### Summer Contractual Camps

U.K Elite Soccer Summer Petite (ages 3-4)

Art Destinations (ages 8-14)

Camp Abrakadoodle (age 6-12)

Summer Ballet &amp; Dance (ages 6-7)

Summer Tap (ages 6-7)

Baton, Cheerleading &amp; Poms (ages 7-11)

Skateboarding &amp; In-Line (ages 6-13)



Class Listings begin on the next page.



## Summer Closing Schedule

For cancellation policy, see page 1.

Classes will not meet.

June						
SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

July						
SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

August						
SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

September						
SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

## Arts & Crafts for Youth & Families

All art classes are taught by professional artists. Read class descriptions for material information.

### Youth Arts

Teens may also register for adult classes if age appropriate. Family programs welcome adults to join the fun.

#### Studio Time w/CREATE

Have fun and try something different! Explore pottery, paintings, sculpture and other media. \$5 material fee due instructor at class. Warning-this class fills quickly.

##### Ages 4-6:

**4 Sessions \$35.00**

Instructor: Create Art Center

185578	Create Arts Center	7/1	Su	10:00am-11:00am
185579	Create Arts Center	7/1	Su	11:30am-12:30pm
185580	Create Arts Center	7/29	Su	10:00am-11:00am
185581	Create Arts Center	7/29	Su	11:30am-12:30pm

##### Ages 7-12:

**4 Sessions \$50.00**

Instructor: Create Art Center

185582	Create Arts Center	7/7	Sa	11:30am-1:00pm
185583	Create Arts Center	8/4	Sa	11:30am-1:00pm

#### Art in the Park

**Ages 4-9:** Artists, do you love nature and the great outdoors? Learn about great nature artists and explore different types of mediums to create art based on our natural environment; animals, plants, recycling and more. Enjoy nature hikes, games and music too. Make it one day or more for lots of fun. Each day a different adventure! Questions about the program, contact Sandra Aresta at 301-654-4886 or Sandra. [Aresta@verizon.net](mailto:Aresta@verizon.net). \$10 material fee due instructor at class.

**4 Sessions \$100.00**

Instructor: Sandra Aresta

186172	Norwood Local Park	6/18	M	9:30am-12:30pm
186173	Norwood Local Park	6/19	Tu	2:00pm-5:00pm
186175	Norwood Local Park	6/20	W	9:30am-12:30pm
186176	Norwood Local Park	6/21	Th	2:00pm-5:00pm
186177	Norwood Local Park	6/22	F	9:30am-12:30pm



#### Animal Art- Draw&Clay

**Ages 7-10:** Study animals in the Serengeti, marine animals, dinosaurs and more! Based on the same principles and some of the techniques of Drawing on the Right Side of the Brain, this class also improves eye hand coordination and boosts self-confidence. \$10 material fee due to instructor at class.

**4 Sessions \$35.00**

Instructor: Yolanda Prinsloo

186446	Bauer Drive CC	7/10	Tu	5:00pm-6:00pm
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#### Kids Pottery with CREATE

**Ages 7-12:** Both sculpture and pottery will be created as you learn hand building methods of clay construction; pinch, coil, and slab. Explore decorative techniques including glaze application, water-on-clay color, and other unusual finishes. No wheel throwing. Projects are fired in a kiln on our premises, produce several finished items. Studio fee of \$10 to instructor at class.

**4 Sessions \$50.00**

Instructor: Create Art Center

185893	Create Arts Center	7/2	M	4:00pm-5:30pm
185894	Create Arts Center	7/30	M	4:00pm-5:30pm

#### Tween Fiber Arts&Crafts

**Ages 8-12:** Explore various ways to create accessories using different fiber materials and needlework techniques. Learn how to macrame, needlepoint, embroider, weave, simple hand sewing, knotting, braiding, and finger crochet. Create items such as jewelry, key chains, iPod holders, belts and more! \$20 material fee due to instructor at class.

**6 Sessions \$49.00**

Instructor: Rochelle Fernandez

185697	Longwood CC	7/5	Th	4:00pm-5:00pm
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#### Tween Emerging Artists

**Ages 8-12:** Learn about artistic concepts by looking at great works of art. Explore ways to use art materials and techniques to create an art piece in the style of that artist. Create an original Pop-art repetitive portrait based on a study of Andy Warhol or create colorful cubist art in the style of Picasso. Basic elements of art such as line, shape, color, value, texture and design are covered. \$20 material fee due to instructor at class.

**6 Sessions \$49.00**

Instructor: Rochelle Fernandez

185698	Longwood CC	7/5	Th	5:15pm-6:15pm
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#### Drawing Made Fun

**Ages 8-13:** Discover how you can draw whatever you imagine. Use charcoal, markers, pencils and more as you learn different techniques. Bring a large set of permanent magic markers and waterproof all purpose 11 x14 paper pad. \$6 material fee due to instructor at class.

**6 Sessions \$68.00**

Instructor: Margaret Deskin

186549	Bauer Drive CC	7/8	Su	1:00pm-2:30pm
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## Cartooning Workshop

**Ages 8-14:** Explore the many forms of cartoon drawing, including caricatures and humorous cartoons and then apply your powers of imagination to a variety of projects. Bring drawing pad, pencils, magic markers, tempera colors, eraser, brushes. Finish two projects of your choice. \$5 material fee due to instructor at class.

**1 Session** **\$30.00**

Instructor: B.J. Asher

186843 Wheaton CC 6/23 Sa 1:00pm-2:30pm

186844 Wheaton CC 7/21 Sa 10:30am-12:00pm

## Canvas Painting

**Ages 9-14:** Discover how to paint with acrylic or oil paints on canvas. Draw and paint landscape, flowers, animals and abstracts. \$5 hand out fee due instructor first day. Bring drawing pad, canvas pad, charcoal pencil, eraser and markers to first class. Instructor provides additional supply list on first day.

**4 Sessions** **\$60.00**

Instructor: B.J. Asher

186447 Bauer Drive CC 7/9 M 4:30pm-6:30pm

## Family Arts & Crafts

### Family Pottery with CREATE

**Ages 5&Up:** Adult participation and registration required with child. Fee is per person. We will discover what will address the interest of both child and adult so you may work together or independently. Finished work will be fired in our kiln, then glazed and fired again. Finishes other than glaze will also be covered. Each person will finish many projects. End of class exhibit optional. \$20 material fee due per person. This popular class fills quickly, so sign up early!

**4 Sessions** **\$50.00**

Instructor: Create Art Center

185648 Create Arts Center 7/1 Su 5:30pm-7:00pm

185649 Create Arts Center 7/29 Su 5:30pm-7:00pm

## Scrapbooking:

### The Mother & Child Reunion

**Ages 6&Up:** Imagine playing together to create a family-friendly project! Complete a travel games scrapbook to keep your child entertained. Your child's travel game will begin with an anticipation calendar and end with a memory game. These games are appropriate for elementary-aged children and the parent adjusts the level of difficulty to meet the skills of their own child. One kit per child; please up to two children per one adult. This workshop accommodates all levels of scrapbookers and your design ideas. \$30 for 1 adult and up to 2 children, \$15 (cash preferred) materials fee per each kit payable at the workshop to the instructor. A parent must attend.

**1 Session** **\$30.00**

Instructor: Heidi Willard

186405 Wheaton CC 7/14 Sa 10:00am-12:00pm

## Watercolor Family Fun

**Ages 8&Up:** Here's a fun family activity! Adult participation and registration required. Paint landscapes and flowers at beautiful Brookside Gardens. You will be contacted by the instructor on where to meet and alternative locations if inclement weather. Bring pencils, eraser, water color brushes #7, #5, #4, plastic container, water color pad, pack of watercolor paints, palette, paper towels. \$5 hand out fee due to instructor at class.

**1 Session** **\$30.00**

Instructor: B.J. Asher

186449 Brookside Gardens 7/22 Su 3:00pm-5:00pm

## Arts & Crafts for Adults

All art classes are taught by professional artists. Please read class descriptions for material information.

Teens are welcome to register if age appropriate. Adults may register with their children in the Family classes under Youth Art.

## Fine Art

### Drawing on the Right Side of Brain

**Ages 12&Up:** Discover how to unhinge preconception and draw what you see. Sharpen your powers of observation with a variety of exercises and see what you can create! Bring drawing paper, pencils (HB, B1, B4), erasers or \$20 for materials fee due instructor. \$5 hand out fee.

**6 Sessions** **\$68.00**

Instructor: Yolanda Prinsloo

185995 Potomac CC 6/25 M 6:30pm-8:00pm

### Adv. Right Brained Drawing

**Ages 12&Up:** Prerequisite: a beginner class with Yolanda Prinsloo in the past or have drawing experience. Build on perceptions of drawing and explore new techniques in pencil, color pencil and/or watercolor. \$20 material fee due to instructor at first class.

**6 Sessions** **\$68.00**

Instructor: Yolanda Prinsloo

186445 Potomac CC 6/20 W 6:30pm-8:00pm

### Drawing or Painting-Your Choice

**Ages 18&Up:** Drawing includes basics of form shading and perspective using pencil, charcoal, pastels and other media. Painting students use acrylics or oil aided by instructor's demonstrations of color mixing and general use of materials. Materials discussed at the first class.

**14 Sessions** **\$210.00**

Instructor: Doris Haskel

185452 Lynnbrook Local Park 7/9 M, W 9:45am-11:45am



*Exercise the right side of your brain in one of our drawing classes.*



**By Land, Sea or City: Draw/Paint**

**Ages 18&Up:** Explore the fundamentals of drawing and painting landscape, seascapes and cityscapes. For the city and landscape, the technique of one or two and three point perspective will be covered in pencil, color pencil/pastels, ink, watercolor, oil and acrylic paint. For the seascape, the techniques such as Winslow Homer watercolors, and other painting techniques will be discussed. Bring pencil and drawing pad to first class. Materials list covered in future classes.

**6 Sessions** **\$113.00**

Instructor: Paul Zapatka  
186252 Leland CC 7/2 M 7:00pm-9:30pm

**Watercolor Experience**

**Ages 18&Up:** Learn to paint, or paint even better in watercolors with a wide range of techniques and in many genres: landscape, still life, figure, floral, etc. Emphasis on mutual development through actual practice, and group discussion, under a highly experienced teacher's guidance. Supply list will be discussed in the first class. \$5 hand out fee due to instructor on the first day.

**6 Sessions** **\$113.00**

Instructor: Friouzeh Sadeghi  
185576 Bethesda-Ch Chase HS 7/9 M 9:30am-12:00pm  
185577 North Bethesda MS 7/10 Tu 7:00pm-9:30pm

**Acrylic Painting Techniques**

**Ages 15&Up:** All ability levels are welcome. Discover how to use a step by step approach that makes acrylics resemble the lush look of oils. This professional approach uses particular brushes and paints to get the desired look. You will love the results! Please bring several pictures of what you would like to paint. \$8 material fee covers palette paper and extra paints due to instructor. Call 240-777-6870 for instructor's phone number to obtain additional material list.

**6 Sessions** **\$90.00**

Instructor: Margaret Deskin  
185999 Bauer Drive CC 6/30 Sa 10:00am-12:00pm

**Oil Painting**

**Ages 12&Up:** Beginning/Advanced: Discover techniques in painting with oil, still life, portraiture, landscapes: composition, perspective, color theory, light, shadow and more. \$50 material fee due to instructor or call 240-777-6870 for instructor's phone number to obtain material list. Bring paper towels.

**4 Sessions** **\$60.00**

Instructor: Yolanda Prinsloo  
185996 Bauer Drive CC 6/24 Su 3:30pm-5:30pm  
185998 Germantown CC 7/21 Sa 2:00pm-4:00pm

**Collage-Mixed Media**

**Ages 14&Up:** Collage is a unique art form that offers an intriguing method of exploring our subconscious imagery and a satisfying and fun way to express ourselves with creative art. Hands on paste-layering techniques allows us to juxtapose images, fabric, vintage photographs, and any combination of visual materials. Create a personal history collage and treasure box. Also makes a thoughtful gift. \$30 material fee due instructor at first class.

**6 Sessions** **\$90.00**

Instructor: Shara Banisadr  
185643 Bauer Drive CC 7/3 Tu 7:00pm-9:00pm

**Photography****Open Darkroom-Photography**

**Ages 16&Up:** Are you a retro person? Go back to a well equipped black and white darkroom with an instructor who can reacquaint you with the procedures to make real photography in this digital age. Reprint heirlooms, or new negatives. Please call the instructor at 301-774-4319 for more material information. \$12 material due instructor.

**5 Sessions** **\$100.00**

Instructor: Lewis Vendetti  
185644 Ross Boddy CC 6/28 Th 2:00pm-6:00pm

**Pottery****Pottery at Sligo Creek**

**Ages 16&Up:** All levels and experience. Handbuilding, decorating, and glazing techniques using mid-range stoneware (cone 6). Fully equipped studio and access to a potter's wheel. \$25 material fee due to instructor at class.

**4 Sessions** **\$90.00**

Instructor: Angela Schreiber  
185896 Sligo Creek ES 7/10 Tu 9:30am-12:30pm  
185897 Sligo Creek ES 7/12 Th 9:30am-12:30pm  
Instructor: Margaret Dickerson  
185895 Sligo Creek ES 7/9 M 6:00pm-9:00pm

**Pottery at Leland**

**Ages 12&Up:** All levels: Pottery for everyone includes basic skills and techniques for coiling, sculpting and the wheel. Instruction on clay bodies, slips, glazes, underglazes and texture. \$25 material fee due instructor at first class.

**5 Sessions** **\$75.00**

Instructor: Yolanda Prinsloo  
185991 Leland CC 6/28 Th 7:00pm-9:00pm

**Pottery Open Studio**

**Ages 18&Up:** Intermediate/Advanced: Handbuilding, wheel-throwing, decorating and glazing techniques for experienced students. Material fee due to instructor is based on production.

**6 Sessions** **\$120.00**

Instructor: Pamela Reid  
185448 Ross Boddy CC 6/26 Tu 10:00am-2:00pm  
185449 Ross Boddy CC 6/26 Tu 6:00pm-10:00pm

*Learn to paint or paint even better in our Watercolor Experience class.*

## Jewelry

### Jewelry Basics

**Ages 12&Up:** Learn the basics of making necklaces and bracelets from using crimp beads to choosing stringing material. Then make a double strand necklace. Once you know the basics, you can make your own one of a kind designs. Bring small needle nosed pliers and wire cutters to class if you have them. \$12 material fee due instructor.

**1 Session** **\$30.00**

Instructor: Donna Weeks  
185443 Bauer Drive CC 6/27 W 6:30pm-9:30pm

### Earrings, Earrings, Earrings!

**Age 12&Up:** Tired of never having just the right earrings to go with your favorite clothes? Learn the basics of earring construction from making loops, choosing the tools to making some one-of-a-kind earrings to add to your jewelry collection. Complete several pairs in class. \$10 material fee due instructor.

**1 Session** **\$30.00**

Instructor: Donna Weeks  
185445 Bauer Drive CC 7/11 W 6:30pm-9:00pm

### Wire Jewelry

**Ages 12&Up:** Come join us and see how easy it is to work with jewelry wire to create your own unique designs. Learn to make jewelry using wire, beads and a few tools. Discover how to make spirals, cages and more to make a bracelet or necklace and matching earrings. Also discover how to make your own tools work with jewelry wire. \$12 material fee due to instructor at class.

**2 Sessions** **\$50.00**

Instructor: Donna Weeks  
185446 Bauer Drive CC 7/18 W 7:00pm-9:00pm



### Braided Wire Bracelet

**Ages 12&Up:** Nothing could be easier than making this bracelet-if you know how to do simple braiding. You will learn how to work with wire to make spirals, and wrapped loops as you braid the 20 gauge wire into an elegant cuff bracelet. Add a bead for a focal point if you like. \$10 material fee due to instructor at class.

**1 Session** **\$30.00**

Instructor: Donna Weeks  
185447 Bauer Drive CC 8/1 W 6:30pm-9:00pm

## Crafts



### Stamp Camp: Mini-scrapbook

**Ages 14&Up:** Spend a fun day in stamp camp learning scrapbooking, rubberstamping and papermaking basics. Learn techniques, tools and materials to create a handmade mini-scrapbook. Completely decorate a 5 3/8 x 4 inch ring bound mini album that fits 3 1/4 x 3 1/4 pages and includes 10 pages for artwork. \$30 material fee due instructor includes all materials needed.

**1 Session** **\$70.00**

Instructor: Carol Lavrich  
186544 Potomac CC 7/7 Sa 9:00am-3:30pm

### Stamp Camp

**Ages 14&Up:** Beg/Int: Spend a day learning rubber-stamping and papercrafting basics including techniques, tools, materials, and papers that will have you creating your own handmade and professional greeting cards and invitations, scrapbooks with elegant layouts for your photos, gifts, packaging and more. Class covers different types of stamps, ink pad, tools and papers available, how to cut paper, embossing, etc. Intermediate students will be challenged by the variety and new ideas. Several projects completed in class. \$30 material fee due at class for all supplies.

**1 Session** **\$70.00**

Instructor: Carol Lavrich  
186547 Germantown CC 7/14 Sa 9:00am-3:30pm

### Scrapbooking Open Crop:

#### Unstructured

**Ages 16&Up:** You asked for it and here it is! An unstructured scrapbooking crop for you and your friends! You bring your own supplies, materials, and tools and ask all the questions you want. Your master-level instructor will guide you to gorgeous pages passing on the tips and tricks of the trade. No material fee.

**6 Sessions** **\$90.00**

Instructor: Heidi Willard  
186444 Potomac CC 6/29 F 4:00pm-6:00pm

### Scrapbooking Open Crop:

#### Recipe Swap

**Ages 16&Up:** Here's the chance to participate in a scrapbooking swap that so many have asked for. We will swap scrapbooked recipes (6X6 format) at the end of the workshop, collect an awesome cookbook of summer recipes. Your album will have 5 sections. Embellish the album and the dividers for these sections. Design your pages using your own creative designs. Each person will get your recipes--that's the swap. The total may vary but no more than 12! \$10 material fee covers the 6X6 album only. Receive a paper template in class to make the index dividers.

**6 Sessions** **\$90.00**

Instructor: Heidi Willard  
186357 Leland CC 7/5 Th 6:30pm-8:30pm

*Learn skills associated with scrap booking as well as get the 'insiders' look into America's hottest hobby.*

**★NEW★ Scrapbooking: Home Decor Clock**

**Ages 16&Up:** Your masters-level instructor was introduced to this hot, hot scrapbooking item at the 2007 scrapbooking trade show. You have complete freedom of design and color choices. Your materials fee covers the clock (a Heidi Swapp product). Please bring photographs (either 4.5-6" tall and 8-10" wide landscape or portrait oriented, or 3 photos each 2.5-3" squarish), ribbon, and other small embellishments of choice that you want to use on the face of the clock. \$15 material fee due instructor.

**1 Session** **\$30.00**  
Instructor: Heidi Willard  
186348 Leland CC 7/21 Sa 10:00am-12:00pm

**★NEW★ Scrapbooking Open Crop: 6x6 Album**

**Ages 16&Up:** Scrapbooking on the 12x12 paper is a lot of space. Here's an opportunity to take your creative thoughts at leisure and use only half that space for the ultimate scrapbooking inspiration. Your theme, your ideas, your materials and supplies under the guidance of your master-level Instructor. Your \$10 materials fee due instructor at class covers the 6X6 album. And, you get to ask all the questions you want! Hot summer workshop-don't be left out. Join us now!

**5 Sessions** **\$75.00**  
Instructor: Heidi Willard  
186347 Potomac CC 7/11 W 6:30pm-8:30pm

**★NEW★ Advanced Scrapbooking**

**Ages 16&Up:** Intermediate class required. Perfect class for people with basic skills and design concepts of scrapbooking and want to challenge their skills. Introduction to a new technique each class meeting with a follow-up activity in the form of designing a scrapbook page. Use and share a variety of new scrapbooking tools that will enhance the design. Design 8 scrapbooking pages and begin 2 projects. All of these projects assume certain skills and for the convenience of all persons taking an advanced level class, these basic skills will not be taught. Suggested photo list provided and you are responsible for having your own scrapbooking materials. \$25 material fee due instructor at class.

**6 Sessions** **\$90.00**  
Instructor: Heidi Willard  
186443 Leland CC 7/3 Tu 6:30pm-8:30pm



## Dance for Youth

In order to offer the highest quality program, children must be the appropriate age at the start of class. Parents are required to wait outside the room during class time, unless otherwise stated in description.

**Kidz Fairy Dance**

**Ages 3-4:** Children will love this fun introduction to ballet dance. Children will explore dance, rhythm and coordination by using fun fairy props such as wands, scarves, and wings. \$5 material fee due to instructor at first class.

**6 Sessions** **\$50.00**  
Instructor: Grace Oleson  
185645 Potomac CC 6/26 Tu 4:00pm-5:00pm  
185646 Germantown CC 6/28 Th 2:15pm-3:00pm  
185647 Germantown CC 6/28 Th 3:00pm-3:45pm

**Ballet**

**Ages 5-8:** Introduction to the basics movements of ballet and its terminology. \$5 material fee due to instructor first class.

**6 Sessions** **\$50**  
Instructor: Grace Oleson  
187569 Potomac CC 6/26 Tu 5:00pm-5:45pm

**Hip Hop into High School Musical**

**Ages 7-11:** Want to learn the hip hop steps that are so popular in musicals? This class will feature dance steps that focus on developing rhythm, stretching, isolations, strength and endurance. A great way to get your head in the game as you stride with pride in this energized class.

**6 Sessions** **\$51.00**  
Instructor: Studio 310  
186922 Beverly Farms ES 6/26 Tu 5:00pm-5:45pm

**No Stop Hip Hop for Kids!**

**Ages 6-9:** A high energy, fun filled dance class, packed with the latest hip hop choreography. Let your child come move and groove to the latest hip hop music while learning this fun style of dance.

**6 Sessions** **\$51.00**  
Instructor: Studio 310  
186245 Potomac CC 6/18 M 5:00pm-5:45pm  
186246 Potomac CC 6/21 Th 9:30am-10:15am

**★NEW★ Ballroom for Teens- Intensive Workshop**

**Ages 11-17:** The summer is not the only thing hot! This energizing basic dance intensive workshop is the perfect introduction to couples dancing. Students will be introduced to Waltz, Tango, Swing and Salsa. The class is intended to show the fun of dancing while increasing comfort on the dance floor.

**2 Sessions** **\$20.00**  
Instructor: Herb Fredricksen  
186493 Montgomery Village MS 6/25 M 7:00pm-8:30pm



# Dance for Adults

## Hip Hop & Line Dancing

### ★ NEW ★ Hip Hop/Latin Dance

**Beginner:** This sizzling high energy class is the fast track to funky fun. This is the perfect way to get all the cardio benefits of an aerobic workout in a dance class. No dance experience necessary but a positive attitude and energy is all that is needed to learn these hot hip hop moves with a Latin flavor.

**6 Sessions** **\$51.00**

Instructor: Studio 310

186243 Potomac CC 6/18 M 6:00pm-7:00pm

186244 Potomac CC 6/21 Th 10:30am-11:30am

## Line Dance for Beginners

**Beginner: Ages 16&Up:** No experience required but having fun is mandatory! This fun-filled class will teach you the basic patterns and steps for line dancing. You will be dancing as part of the group but will individualize your dance moves as you learn to move not only your legs and feet but whole body!

**8 Sessions** **\$67.00**

Instructor: Benjamin Huang

187171 Barnsley, Lucy ES 6/23 Sa 10:00am-11:00am

## Line Dance

**Ages 16&Up:** Intermediate: Line dancing is an energizing way to have fun and get moving and fit. This class is recommended for basic level dancers and higher. Class will incorporate basic steps but will move at a higher pace and energy level.

**8 Sessions** **\$67.00**

Instructor: Benjamin Huang

187172 Barnsley, Lucy ES 6/23 Sa 11:00am-12:00pm

## Ballroom

Dance classes designated for "Couples," registration and fees are for two participants. For all other dance classes registration and fees are per person. For further information, contact the instructor directly. Instructors: Paul Mola 301-315-6226, Tony Seleme 202-885-9629, Thomas Woll, 703-591-3839, Herb Fredricksen 301-869-3987.



## Ballroom I (Couples)

**Beginner:** Covers standard ballroom dance favorites.

**6 Sessions** **\$78.00**

Instructor: Paul Mola

184295 Leland CC 6/28 Th 7:15pm-8:15pm

Instructor: Tony Seleme

184293 Bauer Drive CC 7/9 M 7:00pm-8:00pm

Instructor: Thomas Woll, Ron Wagaman

184296 Upper County CC 6/27 W 6:30pm-7:30pm

Instructor: Thomas Woll, Ann Basso

184294 Wheaton CC 6/28 Th 7:00pm-8:00pm

## Ballroom I

**Beginner:** Students change partners frequently. Class fee for single registrant.

**6 Sessions** **\$39.00**

Instructor: Thomas Woll/Tony Dunn

184444 North Four Corners LP 6/25 M 7:00pm-8:00pm

## Ballroom II (Couples)

**Intermediate:** Prerequisite: Beginner ballroom course. For further information please contact your instructor directly.

**6 Sessions** **\$39.00**

Instructor: Thomas Woll, Ron Wagaman

184396 Upper County CC 6/27 W 8:30pm-9:30pm

**6 Sessions** **\$78.00**

Instructor: Tony Seleme

184395 Bauer Drive CC 7/9 M 8:00pm-9:00pm

Instructor: Thomas Woll, Ann Basso

184393 Wheaton CC 6/28 Th 8:00pm-9:00pm

## Ballroom IV (Couples)

**Advanced:** For further information please contact your instructor directly.

**6 Sessions** **\$78.00**

Instructor: Thomas Woll, Ann Basso

184443 Wheaton CC 6/28 Th 9:00pm-10:00pm

## Ballroom Practice & Party(Couples)

**Intermediate/Advanced:** Learn ballroom variations the first hour and then add to your enjoyment with a two-hour practice and party. One potluck dinner during the summer course. \$20 per couple parties set-up fee due instructor. For further information please contact your instructor directly.

**6 Sessions** **\$111.00**

Instructor: Tony Seleme

185049 Holiday Park SrC 7/13 F 7:00pm-10:00pm

## Ballroom Wedding Dances (Couples)

**Ages 18&Up: Beginner:** Learn dance routines for that blissful occasion: Foxtrot, Rumba and Waltz.

**6 Sessions** **\$78.00**

Instructor: Tony Seleme

184448 Holiday Park SrC 7/10 Tu 8:00pm-9:00pm

Instructor: Thomas Woll, Ron Wagaman

184449 Upper County CC 6/27 W 7:30pm-8:30pm

*Dance . . .  
the fun  
exercise!*





### Summer Special Occasion Workshop

**Ages 18&Up:** Looking forward to special occasion but apprehensive about the dance floor. This wonderful workshop will provide an introduction to the Waltz, Swing, Tango and Rumba. This energizing course gives you the confidence needed to start on the dance floor.

**2 Sessions** **\$20.00**  
Instructor: Herb Fredricksen  
186496 Montgomery Village MS 6/25 M 8:30pm-10:00pm

### Foxtrot (Couples)

**Ages 18&Up:** Have fun in this class learning Foxtrot variations with great choreography and styling.

**10 Sessions** **\$78.00**  
Instructor: Tony Seleme  
185043 Holiday Park SrC 7/10 Tu 7:00pm-8:00pm

### DC Hand Dancing

**Ages 18&Up:** Proclaimed the official dance of the Nation's Capital, learn this smooth style of 6-count Swing featuring various circular and slotted patterns. DC Hand Dancing is done to moderate and fast Motown, Blues and Disco music. No partner required. Students change partners frequently. For singles, couples, trios, and bring your friends.

**6 Sessions** **\$39.00**  
Instructor: Thomas Woll, Tony Dunn  
184447 North Four Corners LP 6/25 M 9:00pm-10:00pm

### Dance Party Summer Sampler

**Ages 18&Up:** (Teens from Herb's classes are welcome to join.) Celebrate the summer season with this instruction/practice party sampler. All ballroom dancers are welcome to join this fun-filled program. Students from the summer workshops are welcome to try out your new skills in a real dance setting and all others are welcome to enjoy this special dance occasion. The first hour Herb will provide dance instruction and the other 2 hours will be dancing and socializing in a fun party-like setting.

**1 Sessions** **\$20**  
Instructor: Herb Fredricksen  
186498 Germantown CC 8/4 Sa 7:00pm-10:00pm

## Latin Rhythm

### Tango of the last 120 Years

**Ages 16&Up:** This fabulous work shop is the perfect introduction to Tango. Practice the Argentinean, Parisian and all in between.

**3 Sessions** **\$30.00**  
Instructor: Herb Fredricksen  
186923 Germantown CC 7/25 W 7:00pm-8:30pm

### Salsa (Couples)

**Ages 16&Up: Beginner:** This is a hot dance on the rise worldwide.

**6 Sessions** **\$78.00**  
Instructor: Paul Mola  
184344 Leland CC 6/28 Th 8:15pm-9:15pm

### Salsa

**Ages 16&Up: Beginner:** Students change partners frequently. Class fee per single registrant.

**6 Sessions** **\$39.00**  
Instructor: Thomas Woll, Tony Dunn  
184446 North Four Corners LP 6/25 M 8:00pm-9:00pm

### Salsa & Merengue (Couples)

**Ages 16&Up: Beginner:** These classes are on the rise worldwide. Great exercise for agility development. Includes partner dance and solo free style and practice to mini choreographed routine. Includes partner dance, free style dance.

**6 Sessions** **\$78.00**  
Instructor: Tony Seleme  
185048 Holiday Park SrC 7/10 Tu 9:00pm-10:00pm

### Swing and Sway

**Ages 16&Up: Beginner:** Have a great time swinging and swaying with this couples dances of the Big Bands 30's, 40's, and WWII.

**3 Sessions** **\$30.00**  
Instructor: Herb Fredricksen  
186924 Germantown CC 7/25 W 8:30pm-10:00pm

## International

### International Folk Dance

**Beginner/Advanced:** The first part of class will be devoted to the culture, music and folk dances from Bulgaria, Hungary, Armenia, Romania, Greece, Israel and more. The intermediate/advanced level dancers add dances from Macedonia, Turkey, Slovakia, Croatia, Serbia, and other countries. Questions: Call Phyllis Diamond at 301-871-8788 or email [diamonddancecircle@comcast.net](mailto:diamonddancecircle@comcast.net).

**8 Sessions** **\$52.00**  
Instructor: Phyllis Diamond  
185343 Leland CC 6/25 M 7:30pm-10:00pm

### Folk Square Plus

For those who have completed Mainstream. Questions: Call Betsy Taylor at 301-589-4868.

**6 Sessions** **\$21.00**  
Instructor: Betsy Taylor  
185695 Wheaton CC 6/27 W 8:00pm-9:00pm  
185694 Schweinhaut SrC 6/28 Th 11:10am-12:10pm

### Folk Square-Family

The whole family will have a great time with this family-friendly dance. The class is geared toward families with children but all are welcome to join the class. No dance experience necessary. The only requirement is that children be able to listen and follow directions. Suggested minimum age is 4 years. Fee is per person.

**6 Sessions** **\$21.00**  
Instructor: Betsy Taylor  
185693 Wheaton CC 6/27 W 7:00pm-8:00pm

## Folk Square Mainstream

For those who have completed the Basic course and wish to learn the Mainstream Program of Modern Western Square Dancing. Questions: Call Betsy Taylor at 301-589-4868.

**6 Sessions** **\$21.00**

Instructor: Betsy Taylor  
185696 Schweinhaut SrC 6/28 Th 10:00am-11:00am

## Seniors

### Seniors Performing Group Show

**Intermediate/Advanced Show:** Approval of instructor needed. Questions: Call Frank Robson at 301-572-4975.

**6 Sessions** **\$21.00**

Instructor: Frank Robson  
184493 Holiday Park SrC 6/28 Th 2:30pm-3:30pm

## Music

### Guitar Level I

**Ages 9&Up: Beginner:** Tune up and start playing your favorite songs without learning how to read music. Learn several songs utilizing strumming, bass strumming and finger picking techniques. Please bring a fully strung guitar (preferably acoustic), tuner (electronic for class at Tilden, a tuning fork for classes at Fairland and Upper County) and a pencil. Songbook required purchase for Tilden class only, approx. \$14. Questions? Call Brian Gross (Tilden) at 301-320-6999 or Kevin Hayton (Upper County) at 240-242-3466.

**7 Sessions** **\$95.00**

Instructor: Brian Gross  
187154 Ashburton ES 6/19 Tu 7:00pm-8:15pm

Instructor: Kevin Hayton  
187155 Upper County CC 6/21 Th 7:00pm-8:15pm

### Guitar Level II

**Ages 9&Up:** Learn more songs and new chords including barre and power chords, and left hand techniques. Please bring a fully strung guitar, a tuning fork and pencil. New students with applicable experience/knowledge welcome. Questions: Call Brian Gross at 301-320-6999 or Kevin Hayton at 240-242-3466.

**7 Sessions** **\$95.00**

Instructor: Brian Gross  
187156 Ashburton ES 6/19 Tu 8:15pm-9:30pm

187157 Upper County CC 6/21 Th 8:15pm-9:30pm



## Cooking

### Wine & Dine

These very popular wine instruction classes uniquely pair food preparation and wine tasting. Attributes and origins of the wine are discussed in detail, as well as how the wine pairs with selected foods, and proper ways to serve wine. Wine is chosen on availability; substitutions may occur. Wine samples provided, no refund or allowances if you elect to refuse food or wine or if you miss the class. Picture ID for proof of age 21 required at class.

### Wines From Around the World

**Ages 21&Up:** Bright, crisp whites, rosés that are dry and sweet and reds that will be both light and tannic. I'll search for the best values and wines we have never tasted in any other class. We'll pair them with a grilled chicken special, a wonderfully light summertime salmon soup and a stuffed leg of lamb (if available). Remember, in this class we cook, then clean, then taste the food and wine together. Take home recipes. \$20 food and wine fee due to instructor.

**1 Session** **\$50.00**

Instructor: James Davis  
187175 Ross Boddy CC 7/6 F 7:00pm-9:30pm

### The Rhone Rangers

**Ages 21&Up:** Saddle up for this is a collection of California Vintners that specialize in the wines of the world famous Rhône Valley of France. There are 22 grape varieties in the Rhône and almost all of them are grown in California as well, including: red wine grapes like Syrah, Grenache and Mourvèdre. We'll taste these and the whites of Rhône: Viognier, Roussanne, Marsanne and Grenache Blanc. We'll leave the other two for another class; after all, we can only taste so many! Our menu is masked, man, and will be determined after the wines are chosen but will probably include shellfish, seafood and surprises! Remember, in this class we cook, then clean up, then taste the food and wine together. Take home recipes. \$20 food and wine fee due instructor.

**1 Session** **\$50.00**

Instructor: James Davis  
187176 Ross Boddy CC 8/3 F 7:00pm-9:30pm



*Learn how to pair the perfect foods and wines in our Wine & Dine classes.*



### The Wines of Sonoma

**Ages 21&Up:** Let's vine our way to the other side of the ridge and visit the famous vineyards of Sonoma. We'll start with a smoked salmon mousse in phyllo cups, served first with a wonderful native Sonoma Chardonnay, with all that California oak and buttery smoothness; and follow with a couple of other Sonoma whites to complement this dish. Then we'll prepare a mushroom and Point Reyes Blue Cheese Napoleon to serve with a terrifically smooth Sonoma Valley Merlot (plus a couple of others, of course). An Asian Mahi-Mahi will be served with Sonoma's wonderfully rich Zinfandel and Cabernet Sauvignon. Remember, in this class we cook, then clean up, then taste the food and wine together. \$20 food and wine fee due instructor at class time.

**1 Session** **\$50.00**  
Instructor: James Davis  
187177 Ross Boddy CC 9/7 F 7:00pm-9:30pm

### More Cooking...

#### Summertime Meals

**Ages 15&Up:** Fresh and Light for Summer! We'll look for the freshest vegetables and come up with unique ways of serving them for tasty summertime treats. Sandwiches, salads and desserts will all be treated with special care. The menu includes Fruited Chicken Salad, Pasta Salad and a quick at home tomato salad with homemade dressing. You won't soon forget these quick and delicious summer meals, and you can duplicate them at home with ease. Come with an appetite because we eat what we fix. Take home recipes. \$15 food fee due instructor at class time.

**1 Session** **\$48.00**  
Instructor: James Davis  
181285 Ross Boddy CC 6/5 Tu 7:00pm-9:30pm

#### Virginia Menu

**Ages 15&Up:** Learn more about our neighbor's 400 year history of Cuisine. Celebrate the ocean and the mountains, as we prepare an authentic Virginia Peanut Soup, Turkey Cutlets Cordon Bleu from the Turkey capital of the world, a Roasted Apple (from the Shenandoah Valley) Risotto and a PBJ dessert We will be preparing an entire meal so bring an appetite, we eat what we fix. Take home recipes are provided. \$15 food fee due to the instructor at class time.

**1 Session** **\$48.00**  
Instructor: James Davis  
181293 Ross Boddy CC 6/19 Tu 7:00pm-9:30pm



### All Seafood

**Ages 15&Up:** Your Fish Wish Dish. Our angle will be to feature different types of seafood, including shellfish, and pan fry some, steam some and grill some others. Most of what we serve will depend on what's available at the market on the day of class, but we will have shrimp and mussels. We'll also make appropriate sauces to serve and some simple side dishes to go with our offerings. Come with an appetite because we eat what we fix. Take home recipes. \$15 food fee due to instructor at class time.

**1 Session** **\$49.00**  
Instructor: James Davis  
187173 Ross Boddy CC 7/10 Tu 7:00pm-9:30pm



### Basic Cooking Skills Summer

**Ages 15&Up:** Your First Step in the Kitchen. The best way to feel more comfortable in the kitchen is to become more familiar with some of the basic cooking techniques that make all tasks just a little easier. We'll cover some knife skills, explore the difference between sauté, stew, roast and braise and we'll fix a first-class lunch in the process. The menu includes: Sautéed chicken breast with an apricot pan sauce, fresh vegetables and twice baked potatoes. \$15 food fee due to instructor at class time.

**1 Session** **\$49.00**  
Instructor:  
187165 Ross Boddy CC 7/14 Sa 10:30am-1:30pm

### The Summer Party

**Ages 15&Up:** Fancy Fixin's for the Deck or Patio. A fruited chicken salad along with crab appetizers and a real Italian bruschetta will be the headliners in this party we plan for indoors or outdoors. We'll be adventurous as we create crispy sweet potato pancakes with caviar and a very special dessert that will send your guests home wanting more! Bring an appetite, we eat what we fix. Take home recipes. \$15 food fee due to instructor at class time.

**1 Session** **\$49.00**  
Instructor: James Davis  
187166 Ross Boddy CC 7/24 Tu 7:00pm-9:30pm

### The Summer Grill

**Ages 15&Up:** Improved Patio Cooking. We'll learn how to fire up the charcoal grill the best way, (without those foul tasting lighter fluids) then grill a number of various meats including: Marinated London Broil and sausages. All the proper techniques are used, no burnt offerings here! Great toppings, add in's and condiments will be discussed and used. Come join in for a grilling class that will make a difference in the food that you fix at home. We'll prepare a lunch so bring an appetite. \$15 food fee due instructor at class time.

**1 Session** **\$49.00**  
Instructor: James Davis  
187167 Ross Boddy CC 7/28 Sa 10:30am-1:30pm

## Intermediate Cooking Skills V

**Ages 15&Up:** The Next Logical Step in Skill Improvement. It's time to step away from recipes and start being more creative when you step in front of the stove. You will surprise yourself when you prepare seared pork loin chops with a white wine pan sauce and accompany it with chipotle potato risotto and sautéed fresh summer veggies. We eat what we fix, so bring an appetite. \$15 food fee due instructor at class.

**1 Session** **\$49.00**

Instructor: James Davis  
187174 Ross Boddy CC 8/4 Sa 10:30am-1:30pm

## Incredible Italian

**Ages 15&Up:** Back in Tuscany Once More. Imagine an Italian cooking class in a 1000 year old, restored, villa nestled in the rolling hills of Tuscany; just like the one I attended two years ago. Let me take you there starting with a big antipasto salad, then braised chicken with artichoke hearts, mushrooms and peppers. Serve it with a sweet corn risotto, finish with a real tiramisu and you have many happy returns! Come with an appetite because we eat what we fix! \$15 food fee due instructor.

**1 Session** **\$49.00**

Instructor: James Davis  
187168 Ross Boddy CC 8/7 Tu 7:00pm-9:30pm

## Be Your Own Personal Chef!

**Ages 15&Up:** Learn the secrets of 'fix ahead food'. Cook with the experts and learn how to prepare 2 weeks of meals at one time. See how to schedule every-other Saturday cooking day, shop, cook, package, label, and store a 2 week supply of really good food for your family. A heavy emphasis will be placed on organization, food safety, and safe food storage. A full participation class, bring your appetite, as each class eats what they fix! Take home recipes for 2 weeks worth of meals including side dishes. \$15 food fee is due to the instructor at class time.

**1 Session** **\$63.00**

Instructor: James Davis  
187169 Ross Boddy CC 8/18 Sa 10:30am-2:30pm

## The French Quarter

**Ages 15&Up:** An Evening in New Orleans. We'll start with a wonderful shrimp and andouille gumbo then venture on to a cajun pan seared fish with shrimp sauce and corn Maque Choux (taught to the Cajun folk by Native Americans). Perfect summertime to fall cooking with bold flavors take you right from Maryland to New Orleans! Bring an appetite because we eat what we fix. Take home recipes. \$15 food fee due instructor at class time.

**1 Session** **\$49.00**

Instructor: James Davis  
187170 Ross Boddy CC 9/11 Tu 7:00pm-9:30pm

## Knife Skills

**Ages 18&Up:** The Cutting Edge. The proper use of the chef's knife in the kitchen will do so much to improve your cooking ability. This is a hands-on class that emphasizes proper technique, safety, selection of proper knives and care and upkeep. You may bring your own and we'll evaluate it and maybe even sharpen it if possible. You may use our knives or your own (we'll evaluate them for you) or ours or purchase new ones from the complete line of professional knives that we have available (and you even get a discount). You will use a peeler, chefs' knife, paring knife and boning knife during the course of the class. Lunch will be prepared from the fruits of your labors, so bring an appetite. \$15 food fee due instructor at class time.

**1 Session** **\$49.00**

Instructor: James Davis  
187093 Ross Boddy CC 9/15 Sa 10:30am-1:30pm



## Vegetarian Cooking

PDQ (pretty darn quick)

### Vegetarian for Teens

**Ages 12-18:** Quick, healthy and delicious no-prep vegetarian cooking with foods which top the teen taste test. Join local cookbook author Donna Klein as she creates her masterpieces safely, without cutlery or appliances. Recipes demonstrated include: taco casserole, mini pita pizzas with assorted toppings, oven baked cinnamon French toast and blueberry granola cobbler samples provided. Food fee of \$5 due to instructor at class time.

**1 Session** **\$40**

Instructor: Klein  
187809 North Bethesda MS 7/25 W 7:00pm-9:30pm

## Mediterranean Vegan Summer Salads

**Ages 18&Up:** See how easy it is to make great tasting Mediterranean summer salads, free of eggs and dairy, with local cookbook author Donna Klein. Recipes demonstrated include: Moroccan fresh tomato salad, Tuscan bread salad, Provencal couscous tabbouleh salad and Catalan rice salad. Samples provided. \$5 food fee due to instructor at class time.

**1 Session** **\$40**

Instructor: Klein  
187705 North Bethesda MS 6/20 W 7:00pm-9:30pm

## Vegan Italiano Summer Desserts

**Ages 18&Up:** Refreshing and delicious summertime Italian desserts are a snap to create but make you look like you toiled for hours. Come see how local cookbook author Donna Klein crafts these decadent desserts, which are free of eggs and dairy. Recipes demonstrated include: Italian coffee ice, cherry sorbetto, peaches in spiced white wine and strawberry crostini. Samples provided. \$5 food fee due to instructor at class time.

**1 Session** **\$40**

Instructor: Klein  
187703 North Bethesda MS 6/27 W 7:00pm-9:30pm

*Create light and delicious dishes in our  
Vegan Summer Cooking classes.*

## Exercise & Fitness for Youth

### The Ultimate Boxing Workout for Youth

**Ages 7-15 Beginners (Adults are encouraged to join, see *Exercise and Fitness for Adults*):** Beginner-

Advanced: Introduction to a boxer's workout designed to teach students eye, hand and foot coordination. Students develop discipline, gain confidence and have fun. No physical contact. Instructor is a professional boxer and current kickboxing champion with 25 years experience. Use it alone or as a complement to *The Dynamic Ab Workout* or *The Ultimate Jump Off*. Questions call Larry Johnson at 301-681-3344

**8 Sessions**

**\$66.00**

Instructor: Larry Johnson

185962	Bethesda-Ch Chase HS	6/18	M	6:15pm-7:30pm
185960	Upper County CC	6/19	Tu	5:45pm-7:00pm
185963	East County CC	6/21	Th	5:45pm-7:00pm

### The Ultimate Jump Off-Youth

**Ages 7-15 (Adults are encouraged to join, see *Exercise and Fitness for Adults*):** Learn jump rope techniques that will optimize cardiovascular conditioning and athletic skills, combining agility, coordination, timing, and endurance. Focus on fat burning and calorie-blasting that can easily be incorporated into anyone's lifestyle. One of the best cardiovascular cross-training workouts around. A great activity that the whole family can do together and get fit! Instructor is a professional boxer and current kickboxing champion with over 25 years of experience. Use it alone or as a complement to *The Ultimate Boxing Workout*. Questions call Larry Johnson at 301-681-3344

**8 Sessions**

**\$41.00**

Instructor: Larry Johnson

185971	Bethesda-Ch Chase HS	6/18	M	8:15pm-9:00pm
185968	Upper County CC	6/19	Tu	7:00pm-7:45pm
185970	East County CC	6/21	Th	7:00pm-7:45pm

### Dynamic Ab Workout-Youth

**Age 13&Up: (Adults are encourage to join-See *Exercise and Fitness for Adults*).** Improve cardiovascular fitness, strengthen abdominal region, and burn calories through a fun aerobic workout. Learn stretches, crunches and exercise that will focus on Abs. Use of medicine ball and abdominal exercise equipment. Use it alone or as a complement to *The Ultimate Boxing Workout for Youth or Adult*. Questions call Larry Johnson at: 301-681-3344

**8 Sessions**

**\$41.00**

Instructor: Larry Johnson

187573	Bethesda-Ch Chase HS	6/18	M	7:30pm-8:15pm
187574	Upper County CC	6/19	Tu	7:00pm-7:45pm
187576	East County CC	6/21	Th	7:00pm-7:45pm



*Jumping rope obliterates calories—up to 1000 an hour—making it one of the most efficient workouts possible.*

### Intro to Weight Training-Youth

**Ages 13-15:** Small group introduction into weight training for teens designed to teach weight room etiquette, proper stretching, use of cardiovascular equipment and the proper techniques of circuit training combining weight machines and free weights. Assistance in developing a personal program for you to continue on your own. Instructor is a Certified Trainer. Completion of program will allow teens to purchase an Exercise Room Pass at a reduced price (with adult-18&Up supervision)! Questions call Fred Mosby at 202-210-3234 or email at [fmosby@comcast.net](mailto:fmosby@comcast.net).

**4 Sessions**

**\$69.00**

Instructor: Fred Mosby

186170	Germantown CC	6/21	Th	3:00pm-4:00pm
186169	Damascus CC	7/18	W	3:00pm-4:00pm

## Exercise & Fitness for Adults

### A.C.T. The Workout

**Ages 16&Up:** A vigorous, easy to follow coed class. Choreographed to strengthen and tone all muscle groups and improve cardiovascular fitness. Bring hand and/or ankle weights (optional). Self-paced for those who wish to work at low impact steps. Heart rates monitored throughout the hour. Plan your workout around your schedule and attend class at any location. **Register any time online, by phone or at the Recreation Centers. Take your receipt to any class location below to pick up your session pass from the instructor.** The pass is good for the specified number of sessions. It can be used at any ACT location listed below for 3 months from the first class attended. Questions call Marie Castellucci at 301-681-9262

Class Locations	Days	Times
Wheaton Community Center	M, W	6:00-7:00pm
Wheaton Community Center	T, Th	6:00-7:00pm
Bauer Drive Community Center	M, W	5:00-6:00pm
Fairland Community Center	M, W	7:00-8:00pm
Hoover MS	M, W	7:00-8:00pm
Potomac Community Center	T, Th	7:00-8:00pm
Wheaton Community Center	Sat	9:00-10:00am
Potomac CC	Sat	9:00-10:00am
Cabin John MS	Sun	9:30-10:30am

**12 Sessions**

**\$60.00**

185546	ACT TBA	6/1	M-Th, Sa-Su	See Above
185547	ACT TBA	7/1	M-Th, Sa-Su	See Above
185548	ACT TBA	8/1	M-Th, Sa-Su	See Above

**18 Sessions**

**\$80.00**

185551	ACT TBA	6/1	M-Th, Sa-Su	See Above
185552	ACT TBA	7/1	M-Th, Sa-Su	See Above
185553	ACT TBA	8/1	M-Th, Sa-Su	See Above

**24 Sessions**

**\$100.00**

185558	ACT TBA	6/1	M-Th, Sa-Su	See Above
185559	ACT TBA	7/1	M-Th, Sa-Su	See Above
185560	ACT TBA	8/1	M-Th, Sa-Su	See Above

**36 Sessions**

**\$145.00**

185555	ACT TBA	6/1	M-Th, Sa-Su	See Above
185556	ACT TBA	7/1	M-Th, Sa-Su	See Above





### Bio Aerobics Tone & Firm

**Ages 16&Up** (Ages 13-16 if accompanied by a parent/guardian): Increase flexibility; improve total body appearance; strengthen and tone abdominals, thighs and buttocks. Perfect for primary mat/floor exercise and to complement your regular aerobics program. Resistance devices optional.

**14 Sessions** **\$58.00**  
Instructor: Company Bio Aerobics Inc.  
185573 Briggs Chaney MS 6/12 Tu, Th 7:45pm-8:45pm

### The Ultimate Boxing Workout

**Ages 16&Up: (Youth are encourage to register. See *Exercise and Fitness for Youth*)** Beginners-Advanced Students. Introduction to a boxer's workout and continued skill development. Teaches students offense and self defense techniques, allowing students to gain confidence and improve skill level by working at several skill stations. No physical contact. Use it alone or as a complement to *Dynamic Ab Workout* or *The Ultimate Jump Off*. Questions call Larry Johnson at 301-681-3344

**8 Sessions** **\$66.00**  
Instructor: Larry Johnson  
185958 Bethesda-Ch Chase Hs 6/18 M 6:15pm-7:30pm  
185956 Upper County CC 6/19 Tu 5:45pm-7:00pm  
185959 East County CC 6/21 Th 5:45pm-7:00pm

### The Ultimate Jump Off

**Ages 16&Up: (Youth are encourage to register. See *Exercise and Fitness for Youth*)** Learn jump rope techniques that will optimize cardiovascular conditioning and athletic skills, combining agility, coordination, timing, and endurance. Focus on fat burning, calorie-blasting that can easily be incorporated into anyone's lifestyle. One of the best cardiovascular cross-training workouts around. A great activity that the whole family can do together and get fit! Instructor is a professional boxer and current kickboxing champion with over 25 years of experience. Use it alone or as a complement to *The Ultimate Boxing Workout for Youth or Adult*. Questions call Larry Johnson at 301-681-3344

**8 Sessions** **\$41.00**  
Instructor: Larry Johnson  
185967 Bethesda-Ch Chase HS 6/18 M 8:15pm-9:00pm  
185964 Upper County CC 6/19 Tu 7:00pm-7:45pm  
185965 East County CC 6/21 Th 7:00pm-7:45pm

### Dynamic Ab Workout

**Age 13&Up: (Youth are encourage to register. See *Exercise and Fitness for Youth*)** Improve cardiovascular fitness, strengthen abdominal region, and burn calories through a fun aerobic workout. Learn stretches, crunches and exercise that will focus on Abs. Use of medicine ball and abdominal exercise equipment. Use it alone or as a complement to *The Ultimate Boxing Workout for Youth or Adult*. Questions call Larry Johnson at 301-681-3344

**8 Sessions** **\$41.00**  
Instructor: Larry Johnson  
185975 Bethesda-Ch Chase HS 6/18 M 7:30pm-8:15pm  
185972 Upper County CC 6/19 Tu 7:00pm-7:45pm  
185973 East County CC 6/21 Th 7:00pm-7:45pm

### Dance & Fitness, LLC

**Ages 16&Up:** Complete cardiovascular aerobic workout for those who love music and movement. Includes flexibility and leg routines leading into a full aerobic workout and final cool down with abdominal work and stretch. Varied music and interesting choreography from trained, experienced and CPR certified instructors. Wear supportive athletic shoes and bring a mat/blanket, and hand weights (optional). Questions email at [dancenfitness@verizon.net](mailto:dancenfitness@verizon.net)

**12 Sessions** **\$49.00**  
Instructor: Virginia Azuree  
185902 Leland CC 6/18 M, W 6:00pm-7:00pm  
185904 Bauer Drive CC 6/19 Tu, Th 4:00pm-5:00pm  
Instructor: Shaundra Riggelman  
185903 Potomac CC 6/19 Tu, Th 6:00pm-7:00pm

### Definitions Mat Pilates

**Ages 16&Up:** A series of 34 exercises designed to improve overall body strength, balance, flexibility and core abdominal muscles. Rhythmic breathing taught to enhance exercise flow and mind/body connection. Bring mat/towel. Instructor ACE & CPR certified. Questions call Juliet Rodman at 301-229-2390

**5 Sessions** **\$40.00**  
Instructor: Margo Footer  
186295 Clara Barton CC 6/20 W 8:00am-9:00am

### Definitions Strength Training

**Ages 16&Up:** Gain body strength, flexibility and endurance using free weights. A perfect opportunity to learn proper form for weight bearing exercises. Initial 5 min. body warm-up with 40 min. of strength training, 5 min. abdominal work and 10 min. cool down using stretching and yoga positions. Bring mat/towel and light hand weights. Instructor has BA in Phys. Ed. and is ACE & CPR certified. Perfect for beginners and intermediates. Questions call Juliet Rodman at 301-229-2390

**16 Sessions** **\$88.00**  
Instructor: Juliet Rodman  
186293 Clara Barton CC 6/19 Tu, Th 8:00am-9:00am





### Dynaerobics

**Ages 16&Up:** (Coed fitness) A total program, perfect for cross trainers. Energizing warm up, choreographed, safe hi and low impact aerobics, strengthening and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat/towel. Owned and choreographed by, Ferhan Kiper Doyle. Questions contact Ferhan Kiper Doyle at [FerhanDoyle@aol.com](mailto:FerhanDoyle@aol.com)

**16 Sessions \$76.00**

Instructor: Lee Berry  
185987 Wyngate ES 6/18 M, W 6:00pm-7:00pm

Instructor: Gail Oring  
185985 Bauer Drive CC 6/19 Tu, Th 6:00pm-7:00pm

**8 Sessions \$38.00**

Instructor: Regina Gaither  
185986 Bauer Drive CC 6/23 Sa 9:00am-10:00am

### Dynaerobics Body Challenge

**Ages 16&Up:** A full 75 minutes of Coed fitness. Includes hi and low impact aerobics plus body sculpting, strengthening and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat/towel. Owned and choreographed by, Ferhan Kiper Doyle. Questions contact Ferhan Kiper Doyle at [FerhanDoyle@aol.com](mailto:FerhanDoyle@aol.com)

**16 Sessions \$93.00**

Instructor: Regina Gaither  
185988 Bauer Drive CC 6/19 Tu, Th 7:00pm-8:15pm

### Dynaerobics Body Sculpting

**Ages 16&Up:** A serious workout to firm all major muscle groups. Special attention given to the abdominals, hips, thighs and gluteals. Includes strength and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat. Resistance bands provided and hand weights optional. Owned and choreographed by, Ferhan Kiper Doyle. Questions contact Ferhan Kiper Doyle at [FerhanDoyle@aol.com](mailto:FerhanDoyle@aol.com)

**15 Sessions \$71.00**

Instructor: Regina Gaither  
185989 Bauer Drive CC 6/18 M, W 6:00pm-7:00pm

**8 Sessions \$38.00**

Instructor: Regina Gaither  
185990 Bauer Drive CC 6/23 Sa 10:00am-11:00am



### Group Workout Pilates On The Ball

**Ages 16&Up:** A non-aerobic, new and different approach to total fitness. Experience balance, core stabilization, flexibility, plyometrics, weight loss and strength training through an integrated training model designed to systematically progress the student. Instructor is a certified personal trainer. Bring a mat/towel and 65 cm exercise ball to class. For more information contact Fred Mosby at 301-540-5782 or email at [fmosby@comcast.net](mailto:fmosby@comcast.net)

**12 Sessions \$108.00**

Instructor: Fred Mosby  
186161 Damascus CC 6/18 M, W 6:00pm-7:00pm

186157 Germantown CC 6/19 Tu, Th 6:00pm-7:00pm

**6 Sessions \$54.00**

Instructor: Fred Mosby  
186158 Damascus CC 6/23 Sa 10:00am-11:00am

### Jazzercise

**Ages 16&Up:** Includes a warm-up, high-energy aerobic routines, muscle toning and cool-down stretch segment. Jazzercise combines elements of dance, resistance training, Pilates, yoga, kick-boxing and FUN for every age and fitness level. Students who register are welcome to attend any of the listed locations and times for 2 month. **REGISTER ANYTIME-PASS GOOD FOR TWO MONTHS FROM REGISTRATION DATE.** Please bring proof of registration receipt to first class. Question call Diane Elmore at 301-330-0896 or email at [dielmojazz@verizon.net](mailto:dielmojazz@verizon.net)

**2-month pass \$95.00**

Instructor: Diane Elmore  
186143 Upper County CC 6/7 Th,F,Tu 9:30am-10:30am

186144 Upper County CC 6/13 W, M 6:30pm-7:30pm

186145 Damascus CC 6/27 W, M 6:45pm-7:45pm

### Jazzercise-Breakfast Busters

**Ages 16&Up:** This early morning workout will give you the boost that your day needs. Cardio and strength in each class to firm you. Includes a warm-up, high energy aerobic routines, muscle toning and cool-down stretch segment. Jazzercise combines elements of dance, resistance training, Pilates, yoga, kickboxing and FUN for every age and fitness level. Students who register are welcome to attend any of the listed locations and times for 2 month. **REGISTER ANYTIME-PASS GOOD FOR TWO MONTHS FROM REGISTRATION DATE** Question call Diane Elmore at 301-330-0896 or email at [dielmojazz@verizon.net](mailto:dielmojazz@verizon.net)

**2-month pass \$95.00**

Instructor: Diane Elmore  
186149 Germantown CC 6/25 M, F 6:15am-7:15am



*Dynarobics is a total fitness program,  
perfect for cross trainers.*

## Jazzmatazz Aerobic Bonus

**Ages 16&Up:** A terrific combination of Pilates Mat Work plus a low impact/high intensity aerobic workout. Gain core strength, general muscular strength and flexibility in addition to cardiovascular and respiratory improvement through lively music and carefully choreographed routines. Students are strongly urged to register for at least two days a week to achieve the best results.

**8 Sessions \$45.00**

Instructor: Betsy Saunders

186296 Fairland CC 6/19 Tu 5:30pm-6:30pm

186297 Fairland CC 6/21 Th 5:30pm-6:30pm

**9 Sessions \$51.00**

Instructor: Betsy Saunders

186298 Wheaton CC 6/19 Tu 7:15pm-8:15pm

186299 Wheaton CC 6/21 Th 7:15pm-8:15pm

## Jazzmatazz Aerobics Light

**Active Seniors & Beginners Ages 18&Up:** A fun filled, choreographed, very low to no impact aerobic workout emphasizing cardiovascular strength and endurance along with muscular strength and flexibility. To achieve best results, students are strongly encouraged to register for both days.

**9 Sessions \$51.00**

Instructor: Betsy Saunders

186343 Wheaton CC 6/19 Tu 9:00am-10:00am

186344 Wheaton CC 6/21 Th 9:00am-10:00am

## Jazzmatazz Pilates

**Age 16&Up:** A Pilates based exercise program rooted in modern/jazz dance consisting of a series of choreographed, but gentle, non-impact exercises. Designed to develop core abdominal muscles for spinal and lower back stabilization, to strengthen the body while lengthening muscles, and to increase overall flexibility. Attendance at the first two classes is mandatory, as key techniques are taught. For maximum benefit, students are strongly urged to register for both days.

**8 Sessions \$56.00**

Instructor: Betsy Saunders

186345 Newport Mill MS 6/18 M 7:00pm-8:15pm

**7 Sessions \$49.00**

Instructor: Betsy Saunders

186346 Newport Mill MS 6/20 W 7:00pm-8:15pm

## ★NEW★ Oh Baby! Post-Natal Fitness

**Ages 18&Up:** It can be difficult to find the time to take care of yourself--let alone find time to exercise after having a baby. This class is designed to gently guide you back into a fitness routine while bonding with your infant (6 weeks - 6 months). Class begins with a cardiovascular warm up, progress through a total body workout with intervals of cardiovascular exercise to keep the heart rate elevated. During the cool down phase, you'll move through stretching and relaxation sequences that will allow you to leave class feeling refreshed, energized and ready for the challenge of motherhood. This is a great way to meet other new moms and bond with your new bundle of joy. A front carrier, stroller (umbrella strollers are not permitted), resistance band and jump rope are required for the class. ALL fitness levels are welcome! Questions call Vionna at 202-423-7445 or [vionna@fitindc.com](mailto:vionna@fitindc.com)

**9 Session \$108.00**

Instructor: Vionna Jones

187852 Meadowbrook LP 6/18 M 9:00am-10:00am

## The Sergeant's Program

**Physical Fitness For Adults:** Featured on CNN, Head Line News, ABC, NBC, PEOPLE and The Washington Post. An outdoor-result based Fitness Company offering structured workouts by highly trained instructors.



Co-ed training for fitness levels from poor to excellent. A no frills, military style program. If you are just starting a fitness program you can attend a beginner *Boot Camp*. In good shape? You will love our *Maintenance Program*. Sweat through 45 minutes of jogging and calisthenics to strengthen all muscle groups and increase cardiovascular endurance.

**Boot Camp:** Classes meet 5 days/wk (M-F) for 8 weeks. Locations: Bethesda, Chevy Chase, Olney, Silver Spring, Germantown, Rockville.

**Maintenance:** Classes meeting 5 days/week (M-F) year round at the following locations: Olney, Potomac, Chevy Chase, Bethesda, Silver Spring, Germantown and Rockville.

**Register any time online or at the Recreation Centers. For specific information, contact the Sarge at 301-944-1230 or [sarge@sarge.com](mailto:sarge@sarge.com).**

**40 Sessions \$299.00**

Instructor: Company: The Sergeant's Program, Inc.

186349 see above 6/1 M-F 6:00am-7:00am

186350 see above 6/1 M-F 6:30pm-7:30pm

186351 see above 7/2 M-F 6:00am-7:00am

186352 see above 7/2 M-F 6:30pm-7:30pm

## The Sergeant's Program, Continuing

**Physical Fitness For Adults:** Continuing student's who have taken either *Boot Camp* or *Maintenance Sergeant's Program* through MCRD in the past.

**Boot Camp:** Classes meet 5 days/wk (M-F) for 8 weeks. Locations: Bethesda, Chevy Chase, Olney, Silver Spring, Germantown, Rockville.

**Maintenance:** Classes meeting 5 days/week (M-F) year round at the following locations: Olney, Potomac, Chevy Chase, Bethesda, Silver Spring, Germantown and Rockville. Time varies depending on location: 6am (or earlier) & 6:30pm (or later)

For specific information please contact The Sarge at 301-944-1230 or email [sarge@sarge.com](mailto:sarge@sarge.com)

**Register any time online or at the Recreation Centers. For specific information, contact the Sarge at 301-944-1230 or [sarge@sarge.com](mailto:sarge@sarge.com).**

**40 Sessions \$225.00**

Instructor: Company: The Sergeant's Program, Inc.

186353 see above 6/1 M-F 6:00am-7:00am

186354 see above 6/1 M-F 6:30pm-7:30pm

186355 see above 7/2 M-F 6:00am-7:00am

186356 see above 7/2 M-F 6:30pm-7:30pm



*Get serious about your workout with the Sergeant's Program.*



**Small Group Intro to Weight Training**

**Ages 16&Up:** Small group introductory instruction designed to teach individuals safe and effective exercises that work all major muscle groups using machines, free weights and dumbbells. Assistance in developing a personal program for you to continue on your own. Instructors are Certified Trainers. Question call Fred Mosby at 301-540-5782 or email at [fmosby@comcast.net](mailto:fmosby@comcast.net)

**4 Sessions** **\$69.00**

Instructor: Fred Mosby

186163 Damascus CC 7/16 M 7:15pm-8:15pm

186162 Germantown CC 7/19 Th 7:15pm-8:15pm

**Small Group Weight Room Orientation**

**Ages 16&Up:** Small group introductory instruction designed to teach individuals weight room etiquette, demonstrate safe and effective use of equipment, weights and dumbbells and effective exercises that work all major muscle groups. Instructors are Certified Trainers. Question call Fred Mosby at 301-540-5782 or email [fmosby@comcast.net](mailto:fmosby@comcast.net)

**1 Session** **\$38.00**

Instructor: Fred Mosby

186166 Damascus CC 6/20 W 7:15pm-8:15pm

**Stretch and Strength in Motion**

**Ages 16&Up:** Combines the elements of aerobic and sculpting workouts. Workout starts with a low-impact aerobic warm-up to limber the body with upbeat music. Then each muscle is strengthened from the legs to the shoulders focusing on toning and shaping utilizing a resistance tube. Cool-down with stretching and relax to complete the workout. Strong emphasis is on breathing to energize the body, and body alignment. Come pamper yourself! Wear loose, comfortable clothing and bring a mat or towel. Resistance tubes will be available to use during class. Class is instructed by a certified Yoga, Personal Trainer and Aerobic instructor who has been teaching for several years for all ages and physical ability. Questions email Patricia at [seniorcisefit@gmail.com](mailto:seniorcisefit@gmail.com)

**8 Sessions** **\$44.00**

Instructor: Patricia Smith

185567 Long Branch CC 6/18 M 6:00pm-7:00pm

**Tai Chi Chuan, Cont.**

**Ages 18&Up:** For continuing students. Wear comfortable loose-fitting clothing and flat-sole shoes.

**7 Sessions** **\$48.00**

Instructor: Louise Liu

185952 Germantown CC 6/20 W 6:00pm-7:00pm

**9 Sessions** **\$62.00**

Instructor: Louise Liu

185953 Germantown CC 6/21 Th 8:00am-9:00am

**Tai Chi Chuan III**

**Ages 16&Up:** This is a class for anyone who has previously completed Tai Chi Chuan Yang Style (24 postures), but would like to perfect his/her steps as well as improve the breathing coordination.

**9 Sessions** **\$62.00**

Instructor: Louise Liu

185951 Germantown CC 6/18 M 8:00am-9:00am

**Recreation Department Advisory Board**

Montgomery County residents who are interested in working to promote the development of recreational programming as well as park facilities are encouraged to apply for appointments to an Area Advisory Board position or the County-wide Advisory Board.

Interested citizens should submit a letter and brief resume to:

County Executive Isiah Leggett, Executive Office Building,  
101 Monroe Street, Rockville, Maryland 20850.

**Wellness****NEW Awareness: Giant Step to Better Health**

**Ages 18&Up:** Over time, poor posture and movement can lead to structural misalignment and ultimately to pain. Learn from a Maryland Certified Massage Therapist how to be aware of what your body is telling you and to feel the difference between 'your' way and the 'energy-efficient' way of using your body to perform every-day activities. Instructional approach includes lecture, light activities, and self-observation. All classes include focused tools and techniques that can be used at home or at the office. (Class 1 required before taking Class 2, 3, or 4). \$1 material fee due to instructor. Questions email [palmer7j2002@yahoo.com](mailto:palmer7j2002@yahoo.com). Instructor: Joan Palmer

**Class 1, Body Awareness-An Introduction:** Provides an experiential approach for becoming aware of potential problem areas in your body. Gain an understanding of how awareness FEELS. As a first step on your path to better health, discover the difference between knowing intellectually that STRESS exists in your life and actually experiencing where in your body you hold its affects.

**1 Session** **\$25.00**

186093 Longwood CC 6/19 Tu 7:00pm-8:30pm

**Class 2, Breathing:** It really is The Life Force. Learn how to use your breath more effectively to reduce stress and enhance wellness. Pelvis, Spine, Neck: Awareness of this Long Pole of your body is the beginning to decreasing or eliminating pain not only in the back and neck but other areas of the body as well.

**1 Session** **\$32.00**

186094 Longwood CC 6/26 Tu 7:00pm-9:00pm

**Class 3, Sitting-That Much-Used Position:** Since we spend so much of our day sitting, learn how doing it in an effective, energy-efficient way helps to avoid unnecessary muscle strain. Legs and Feet: Are they providing a firm foundation for you, or are you inadvertently heading down a path of potential leg, knee or foot pain? Find out how to identify possible problems.

**1 Session** **\$32.00**

186095 Longwood CC 7/3 Tu 7:00pm-9:00pm

**Class 4, Shoulders, Arms, and Hands:** The source of pain in these areas might not be where you think it is. Learn what your body is trying to tell you about shoulder/arm/hand pain. Eyes: Although given little thought, eyestrain can create stress in other areas of your body. Learn how to reduce eyestrain while using your eyes more comfortably.

**1 Session** **\$32.00**

186096 Longwood CC 7/10 Tu 7:00pm-9:00pm



*Get off the couch and move... your body will thank you.*



### Qi Gong: A Different Exercise

**Ages 16&Up Beginners:** Practiced for thousands of years in China for health and longevity, Qi Gong is the gaining of life energy through exercise. The five Phoenix form uses Qi (chee), the life force that flows through all living beings, to eliminate blockages and open up energy flow in the meridians. Similar to Tai Chi, but only takes 20 minutes a day. Instruction in Meditative techniques taught along with movements and theory. Wear loose clothing. Booklets given out. Combined class for beginner and continuing practitioners. Martial Arts Master instructor.

**8 Sessions \$87.00**

Instructor: Bob Kramer  
185793 Germantown CC 6/19 Tu 7:00pm-8:30pm

### Qi Gong-Continuing Students

**Ages 16&Up:** Practiced for thousands of years in China for health and longevity, it is the gaining of life energy through exercise. The five Phoenix form uses Qi (chee), the life force that flows through all living beings, to eliminate blockages and open up energy flow in the meridians. Similar to Tai Chi, but only takes 20 minutes. Includes meditative techniques with movements and theory. Wear loose clothing. Combined class for continuing practitioners at same time as beginning class. Martial Arts Master instructor.

**8 Sessions \$60.00**

Instructor: Bob Kramer  
185800 Germantown CC 6/19 Tu 7:00pm-8:30pm

### Workshop-Stress Reduction for Daily Life

**Ages 16&Up:** Learn to manage stress with techniques such as breath control, gentle stretches, self-massage, relaxation, and visualization. Wear loose and comfortable clothing. Bring a mat and towel or blanket to class. For more information please contact Suzana at 301-718-6454

**1 Session \$32.00**

Instructor: Suzana Cooper  
185544 Potomac CC 6/23 Sa 10:00am-12:00pm

### Gentle Yoga

**Ages 16&Up:** Combines warm-ups, gentle postures, and yogic breathing to improve mobility and reduce stress. Learn basic principles of body alignment and breath awareness, inspired by a meaningful intention and a joyful attitude. Instructor encourages students to listen to their bodies and progress at their own pace. Designed for adults of any age including seniors and those with minor physical ailments, Gentle Yoga allows the student to take a slower approach to beginning yoga. Wear comfortable clothes such as t-shirts, shorts, tights, or leggings. Bare feet are essential. Bring a sticky yoga mat and a yoga blanket. Question email Carrie at [cpganz@verizon.net](mailto:cpganz@verizon.net).

**9 Sessions \$71.00**

Instructor: Carrie Ganz  
186151 Bauer Drive CC 6/19 Tu 6:00pm-7:00pm

### Hatha Yoga with Rudra

**Ages 16&Up:** Basic beginner's level class, continuing students welcome. A physically challenging program. Develop agility, balance, muscle tone, endurance and vitality, reduce fatigue and aid in bringing relaxation to the body and mind. Learn new posture's (Asana) each week. All classes taught in a progressive, modular concept to form a sequence for use in daily home practice. Wear nonrestrictive clothing and bring a blanket/mat and bare feet to class.

**7 Sessions \$82.00**

Instructor: Richard Tyson  
185803 Ross Boddy CC 6/20 W 10:30am-12:00pm  
185802 Ross Boddy CC 6/20 W 7:30pm-9:00pm

**8 Sessions \$94.00**

Instructor: Richard Tyson  
185805 Norbeck-Mncstr Mill NP 6/18 M 7:00pm-8:30pm  
185804 Norbeck-Mncstr Mill NP 6/21 Th 7:00pm-8:30pm

### Hatha Yoga with Rudra, Cont.

**Ages 16&Up:** Continuing Students and Beginners welcome. Wear nonrestrictive clothing and bring a blanket/mat and bare feet to class.

**8 Sessions \$94.00**

Instructor: Richard Tyson  
185806 Bauer Drive CC 6/23 Sa 12:30pm-2:00pm

### Hatha Yoga for Beginners

**Ages 16&Up:** Have you wanted to try yoga? Can't touch your toes, or sit cross-legged? Have never wanted to tie yourself into a pretzel? This series provides personalized instruction in basic hatha yoga postures, breath and meditation techniques. These practices will help to build your strength, flexibility, and balance, as well as reduce stress. This class establishes a foundation that will enable you to participate in all-level yoga classes, or practice yoga in the privacy of your home. And, you won't have to wear spandex or stand on your head! Wear non-restrictive clothing and bring a yoga mat to class. Contact the instructor at [mercedita@verizon.net](mailto:mercedita@verizon.net) for further information.

**4 Sessions \$35.00**

Instructor: Mercedes Santos  
185569 Long Branch CC 7/17 Tu 6:30pm-7:45pm

### Hatha Yoga Continuing

**Ages 16&Up:** Continuing students: This class is designed for those who have or are currently practicing yoga. The basic poses will be refined with an emphasis on further developing arm and leg strength, shoulder and hip flexibility, and overall stamina. Study of the back bends will be deepened, and inversions will be introduced. Please bring a yoga mat, strap and blanket to class. Contact the instructor at [mercedita@verizon.net](mailto:mercedita@verizon.net) for further information.

**6 Sessions \$53.00**

Instructor: Mercedes Santos  
185572 Long Branch CC 6/20 W 6:30pm-7:45pm



*Feeling stressed?  
Our Wellness classes can help you learn to manage stress for a fuller life.*

**Hatha Yoga and Stress Management****Ages 18&Up Continuing Students & Beginners:**

Postures and exercises to tone, firm and realign body; relaxation visualization and stress management. Bring blanket or mat to class.

**6 Sessions****\$79.00**

Instructor: Suzana Cooper

185543 Leland CC

6/22 F

9:30am-11:00am

**Kid Yoga****Ages 5-12:** Be a tall tree, stretch like a dog or greet the sun in this fun and dynamic class for kids. Kids will start out with an oh-so-short warm-up. The class will include flexibility postures, fast sequences, balancing like a flamingo, see-saw...and breathing exercises. Each child will receive a folder with postures. Bring a yoga mat and a blanket. Questions email [anjikumar@yahoo.com](mailto:anjikumar@yahoo.com)**8 Sessions****\$72.00**

Instructor: Anjali Kumar

186171 Germantown CC

6/23 Sa

8:30am-9:30am

**Pre-natal Yoga-Zen Mama****Ages 16&Up:** Increase your joy and wellbeing as life grows within you. Instruction in breathing and relaxation techniques, stretching and toning of muscles used during labor and delivery, techniques to relieve lower back pain and other common pregnancy discomforts, posture and awareness techniques. A safe and nurturing experience for women in all stages of pregnancy. Wear comfortable clothing and bring a mat, 2 pillows, yoga strap and a blanket to class. Birth partners and/or labor assistants are encouraged but not required to attend. Questions call Vionna at 202-423-7445 or [vionna@fitindc.com](mailto:vionna@fitindc.com)**7 Sessions****\$56.00**

Instructor: Vionna Jones

185992 Leland CC

6/20 W

10:00am-11:00am

**Vini Yoga****Ages 16&Up Mixed levels:** Relaxation techniques and easy going dynamic movement coordinated with simple rhythmic breathing. Increase energy, stamina, muscle strength and flexibility, and learn to release tension. Introduction to meditation. Bring a mat or towel and wear comfortable clothing.**6 Sessions****\$59.00**

Instructor: Patricia Miller

185980 Potomac CC

6/28 Th

9:15am-10:30am

185981 Potomac CC

6/28 Th

6:30pm-7:45pm

**Vini Yoga Intermediate****Ages 16&Up Intermediate:** Previous yoga experience required. More emphasis on sequences, breathing, and meditation. Bring a mat or towel and wear comfortable clothing.**7 Sessions****\$68.00**

Instructor: Patricia Miller

185982 Potomac CC

6/18 M

6:30pm-7:45pm

**Vini Easy Going Yoga****For Seniors and All Others 16&Up:** Relaxation techniques and easy going movements coordinated with simple rhythmic breathing. Increase energy, stamina, muscle strength and flexibility; release tension. Introduces meditation. Bring a mat or towel and wear comfortable clothing.**6 Sessions****\$59.00**

Instructor: Patricia Miller

185984 Potomac CC

6/28 Th

10:45am-12:00pm

**Yoga Basics****Ages 16&Up:** Introduces yogic principles of body alignment and breath awareness, inspired by a meaningful intention and a joyful attitude. Emphasizes standing poses and strengthening and stretching legs, back, and shoulders. Benefits of this practice include improved muscle tone, increased circulation, better concentration, and deeper relaxation. Wear comfortable clothes. Bare feet are essential. Bring a sticky yoga mat and a yoga blanket. Questions: call Carrie at [cpganz@verizon.net](mailto:cpganz@verizon.net) or Irene at [Irene54@aol.com](mailto:Irene54@aol.com) or Anjali at [anjikumar@yahoo.com](mailto:anjikumar@yahoo.com)**8 Sessions****\$78.00**

Instructor: Anjali Kumar

186174 Germantown CC

6/19 Tu

7:15pm-8:30pm

**9 Sessions****\$101.00**

Instructor: Carrie Ganz

186152 Bauer Drive CC

6/19 Tu

7:15pm-8:30pm

**7 Sessions****\$55.00**

Instructor: Irene Bopp

186153 East County CC

6/20 W

1:30pm-2:30pm

**8 Sessions****\$62.00**

Instructor: Irene Bopp

186154 Fairland CC

6/21 Th

10:30am-11:30am

186156 Banneker, Benjamin MS

6/21 Th

6:30pm-7:30pm

**Yoga in the Park****Ages 16&Up:** What could be better than starting your day with yoga under a beautiful blue sky? Experience breath and movement synchronized in such a way that one causes the other. Going from one pose to the next in a sequence that balances the body and then brings it back into neutral. For all levels, just listen to your body and continuous practice will help you reach your goal. Wear comfortable clothing and bring a mat (and any props you want) to class. Questions call Vionna at 202-423-7445 or [vionna@fitindc.com](mailto:vionna@fitindc.com)**9 Sessions****\$72.00**

Instructor: Vionna Jones

187164 Meadowbrook LP

6/18 M

8:00am-9:00am





# Martial Arts for Youth & Adults

## Karate/Jujitsu

**Ages 6-12** (Students must be 6 at the start of class): Instruction in the physical and psychological aspects of Tang Soo Do style Korean Karate and Jujitsu. Lecture, exercise, drills and competition with promotional exams available. Instructors from Tompkins Karate Association (TKA). New students accepted prior to the third class of each session. \*All locations accept Beginning through Advance students. Beginners must attend 6pm at Upper County CC, Bauer CC, Resnik ES, Fairland CC, Rolling Terr. ES and Dufief ES at all other sites beginners may attend the later time.

### 7 Sessions \$34.00

Instructor: Company Staff: TKA, Inc.

187059	Damascus CC	6/20	W	7:00pm-8:00pm
187060	Bauer Drive CC	6/20	W	6:00pm-7:00pm
187061	Bauer Drive CC	6/20	W	7:00pm-8:00pm
187062	Potomac CC	6/20	W	7:00pm-8:00pm
187063	Resnik, Judith A. ES	6/20	W	6:00pm-7:00pm
187064	Resnik, Judith A. ES	6/20	W	7:00pm-8:00pm
187065	Clara Barton CC	6/20	W	7:00pm-8:00pm
187066	Montgomery Village MS	6/20	W	7:00pm-8:00pm

### 8 Sessions \$38.00

Instructor: Company Staff: TKA, Inc.

187054	Longwood CC	6/18	M	7:00pm-8:00pm
187055	Upper County CC	6/18	M	6:00pm-7:00pm
187056	Upper County CC	6/18	M	7:00pm-8:00pm
187057	Wheaton CC	6/18	M	7:00pm-8:00pm
187058	Germantown CC	6/19	Tu	7:00pm-8:00pm
187067	Fairland CC	6/21	Th	6:00pm-7:00pm
187068	Fairland CC	6/21	Th	7:00pm-8:00pm
187069	Dufief ES	6/21	Th	6:00pm-7:00pm
187070	Dufief ES	6/21	Th	7:00pm-8:00pm
187071	Poole, John MS	6/21	Th	7:00pm-8:00pm
187072	Rolling Terrace ES	6/21	Th	6:00pm-7:00pm
187073	Rolling Terrace ES	6/21	Th	7:00pm-8:00pm
187074	Bethesda ES	6/21	Th	7:00pm-8:00pm

## Karate/Jujitsu Adults

**Ages 13&Up:** Instruction in the physical and psychological aspects of Tang Soo Do style Korean Karate and Jujitsu. Lecture, exercise, drills and competition with promotional exams available. Instructors from Tompkins Karate Association (TKA). All locations accept beginning through advance students. New students accepted before the third class of each session.

### 7 Sessions \$43.00

Instructor: Company Staff: TKA, Inc.

187079	Damascus CC	6/20	W	8:00pm-9:30pm
187080	Bauer Drive CC	6/20	W	8:00pm-9:30pm
187081	Clara Barton CC	6/20	W	8:00pm-9:30pm
187082	Potomac CC	6/20	W	8:00pm-9:30pm
187083	Montgomery Village MS	6/20	W	8:00pm-9:30pm

### 8 Sessions \$49.00

Instructor: Company Staff: TKA, Inc.

187076	Upper County CC	6/18	M	8:00pm-9:30pm
187077	Wheaton CC	6/18	M	8:00pm-9:30pm
187078	Germantown CC	6/19	Tu	8:00pm-9:30pm
187084	Bethesda ES	6/21	Th	8:00pm-9:30pm
187085	Fairland CC	6/21	Th	8:00pm-9:30pm
187086	Dufief ES	6/21	Th	8:00pm-9:30pm
187087	Rolling Terrace ES	6/21	Th	8:00pm-9:30pm

## Karate/Jujitsu Club

**Ages 13&Up:** Brown and black belt TKA students. Practice with each other and develop skills under supervision of select instructors. No formal instruction during Club sessions. Must be registered in a regular TKA class during the same season.

### 8 Sessions \$32.00

Instructor: Company Staff: TKA, Inc.

187088	Holiday Park SrC	6/15	F	7:00pm-9:00pm
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## Kendo-Beginner

**Ages 12&Up:** Modern sword training is done using bamboo swords as opposed to bladed swords.

Protection for chest, head and hands are worn. Kendo benefits both mind and body through quick thought, quick reflexes, determination, self control and positive physical expression. The goal is not necessarily to defeat the opponent but to gain inner strength and mental confidence. Explore the ancient samurai, their philosophy and values. Optional to purchase shinai from instructor for \$30. See Shodo, an excellent complement to training. Questions email [tsir.office@verizon.net](mailto:tsir.office@verizon.net)

### 9 Sessions \$63.00

Instructor: Shiro Shintaku

187090	Farmland ES	6/21	Th	7:15pm-8:15pm
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## Kendo-Intermediate

**Ages 14&Up:** Pre-requisite, beginners class with Shiro Shintaku. Questions email: [tsir.office@verizon.net](mailto:tsir.office@verizon.net)

### 9 Sessions \$63.00

Instructor: Shiro Shintaku

187091	Farmland ES	6/21	Th	8:30pm-9:30pm
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## Shodo

**Ages 12&Up Beginner/Intermediate:** Japanese Brush Writing, the mental and physical expression of thoughts, feelings and interpretations through the written word, is part of the training of the true Samurai. Helps to develop good concentration, natural hand motion and mental calmness with this introduction to the Japanese language. Optional to purchase \$25 materials from instructor. An excellent compliment to Kendo. Questions email [tsir.office@verizon.net](mailto:tsir.office@verizon.net)

### 9 Sessions \$63.00

Instructor: Shiro Shintaku

187089	Farmland ES	6/21	Th	6:00pm-7:00pm
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*Complement  
your Kendo  
Japanese  
sword  
training class  
with Shodo,  
Japanese  
brush  
writing.*



## Instructional Sports

### Skateboarding Level I

**Ages 6-12:** Extreme Fun! Great for the beginner. Learn to push, ride, tack turn, switch turn, ride fakie and a safe approach to ramps. Emphasizes skate park safety, increasing confidence and riding within one's ability. Includes instruction and games. Instructor will work with various beginner levels. Required equipment: Skate board, helmet designed for skateboarding, wrist guards, elbow and knee pads and drinking water. Cancelled classes will be made up by adding additional Sundays. For questions, call 703-994-9617.

**6 Sessions** **\$79.00**

Instructor: American In-Line Skating, Inc.

#### Ages 6-8:

187158 Olney Manor RP 6/24 Su 9:30am-10:30am

#### Ages 9-12:

187159 Olney Manor RP 6/24 Su 9:30am-10:30am

### Badminton Beginner/Advanced Beginner

**Ages 9&Up:** Emphasis on learning individual skills, body movement, concepts, tactics, strategies, history, rules, court etiquette and athletic psychology. \$10 material fee due to instructor. Competitive techniques of both singles and doubles play.

**8 Sessions** **\$62.00**

Instructor: Gary Chao

187094 Bauer Drive CC 6/23 Sa 9:30am-10:30am

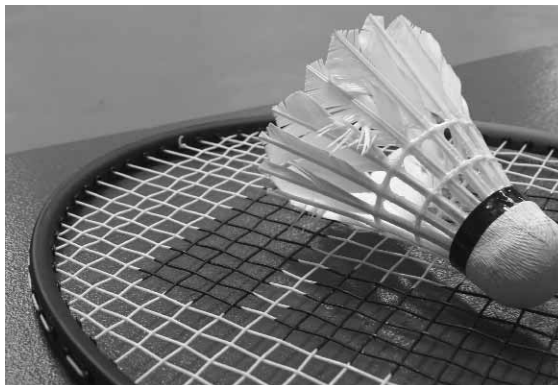
### Badminton Intermediate/Advanced

**Ages 9&Up:** Continued emphasis on learning individual skills, body movement, concepts, tactics, strategies, history, rules, court etiquette and athletic psychology. Competitive techniques of both singles and doubles play. \$20 material fee due to instructor.

**8 Sessions** **\$104.00**

Instructor: Gary Chao

187095 Bauer Drive CC 6/23 Sa 10:30am-1:00pm



*Badminton is one of the world's fastest racket sports, requiring quick reflexes and superb conditioning. Are you up for the challenge?*

## Tiny Tots

### Baby Signs®

**Ages 6-22 months:** Wouldn't it be neat if you knew what your baby was saying before he/she could talk! That's only one of the aspirations of this fun filled class. Lots of signing, singing and dancing activities provide important skill and sensory motor development. As children play, they integrate simple signs with their daily activities. All participants are required to purchase a Sign, Say & Play Kit, \$70, loaded with fascinating resources that enable continued learning and fun at home (available at class). Adult participation required.

### Baby Signs® with Andrea

Call 301-642-9300 for more information.

**6 Sessions**

**\$95.00**

Instructor: Andrea Benedick

187146 Potomac CC 6/22 F 4:00pm-4:45pm

### Baby Signs® with Andrea-Parent Workshop

**Ages 6-24mos:** Teaches everything you know to get started with the BABY SIGNS® Program. Learn how to begin signing with your baby. Learn effective ways to begin teaching signs home, easy ways to use signs in daily routine, and what to expect as your baby transitions from sign to speech. All participants are required to purchase a \$70 Signs, Say & Play Kit. This kit will be available at the first class for purchase or contact the instructor. Call 301-642-9300.

**1 Session**

**\$32.00**

Instructor: Andrea Benedick

187151 Damascus CC 6/18 M 9:30am-11:00am

187152 Damascus CC 6/25 M 9:30am-11:00am

187153 Damascus CC 7/9 M 9:30am-11:00am

### NEW! Awesome Artists

**Ages 4-5:** Nurture your child creativity and individual expression through art! Explore various ways to create art using different materials and techniques. Learn about basic elements of art such as line, shape, color, value, texture, and design work together to create a piece of art. Use the concepts learned to create original works of art!

**6 Sessions**

**\$74.00**

Instructor: Rochelle Fernandez

185920 Longwood CC 6/19 Tu 5:00pm-5:45pm

### Tiny Hand Crafts Summer Fun

**Ages 2-7:** Come join us at our mini camp for a big 'handful' of fantastic activities and crafts. Each class will "visit" exciting and familiar places such as a kingdom with knights and royalty, the world, our universe and more! A cool opportunity to experience new textures, explore, play and socialize. Create 3-4 incredible crafts per day. \$20 material fee due to the instructor. Parent participation required.

**4 Sessions**

**\$40.00**

Instructor: Tiny Hands

186247 Quince Orchard Vly NP 6/19 Tu 1:00pm-2:00pm

186248 Damascus CC 6/19 Tu 10:00am-11:00am

186249 Stonybrook Local Park 6/20 W 1:00pm-2:00pm

186250 Potomac CC 6/20 W 10:00am-11:00am

## Music in Motion

**Ages 2-5:** A music class for the whole family where everyone will have fun discovering different ways to express yourself through music and movement! Clap, reach, bend, twist, hop, and soar to these activity songs. A fun, active way to introduce your child to the joy and benefits of music. Price includes all materials. Adult Participation required.

**6 Sessions \$74.00**

Instructor: Rochelle Fernandez

185919 Longwood CC 6/19 Tu 4:00pm-4:45pm

## Discovering Music For Infants

**Ages 6 months-1 year:** A fun, creative, and enjoyable way to expose infants to music. Studies confirm that early exposure can enhance coordination and gross motor skills, inner beat for music, balance and reinforce cognitive learning. Infants, adults and instructors interact in positive and supportive ways. Enjoy singing with percussion instruments, rhymes, rhythmic massage and dancing. Adult participation required. \$10 material fee due to instructor.

**5 Sessions \$58.00**

Instructor: Music for Life

186395 Wheaton Reg Library 6/18 M 10:15am-11:00am

186394 Upper County CC 6/27 W 9:15am-10:00am



## Discovering Music for Toddlers

**Ages 1-3:** A fun, creative, and enjoyable way to develop coordination and gross motor skills, an inner beat for music, balance and reinforce cognitive learning. Activities include singing, rhyming, moving to different rhythms, playing simple percussion and melodic instruments. Siblings 0-8 months may participate at no charge and are not required to be registered. After 8 months, siblings must register and pay class fee. On line registration not available for 8-12 months, call 240-777-6870. Adult participation required. \$10 material fee due to instructor.

**5 Sessions \$58.00**

Instructor: Music for Life

186398 Wheaton Reg Library 6/18 M 11:15am-12:00pm

186396 Clara Barton CC 6/19 Tu 10:15am-11:00am

186397 Norbeck-Mncstr Mill NP 6/19 Tu 10:15am-11:00am

186406 Norbeck-Mncstr Mill NP 6/19 Tu 11:15am-12:00pm

186403 Leland CC 6/21 Th 10:15am-11:00am

186921 Leland CC 6/21 Th 11:15am-12:00pm

186404 Potomac CC 6/22 F 5:30pm-6:00pm

186401 Upper County CC 6/27 W 10:15am-11:00am

186402 Upper County CC 6/27 W 11:15am-12:00pm

## Exploring Music & Piano Prep

**Ages 4-5:** Discover and explore musical aspects and concepts. Covers rhythm, singing, ear training, movement, motor coordination and motor skills. Children play more complex percussion and melodic instruments as class progresses. Parent participation is required. \$10 material fee due to instructor.

**5 Sessions \$76.00**

Instructor: Music for Life

186407 Wheaton Reg Library 6/18 M 12:15pm-1:15pm

186408 Clara Barton CC 6/19 Tu 11:15am-12:15pm

186411 Spencerville Local Park 6/19 Tu 11:00am-12:00pm

186410 Leland CC 6/21 Th 11:15am-12:15pm

186409 Potomac CC 6/22 F 4:15pm-5:15pm

## Little Linguists Summer

**Ages 18 mos-3 years and 2-6 years:** Come join our fun, creative and innovative program designed to expose children to the Spanish language! Singing, movement, art, literature and more will enchant participants and parents alike. A great opportunity to add a new attribute to your child's repertoire and enhance their cognitive and social skills. Classes 9:45-10:30 are for ages 18 mos-3 years. Classes 10:30-11:15 are for 2-6 years. \$5 material fee due to instructor. Adult participation required. For more info, please call 301-654-4886.

**4 Sessions \$42.00**

Instructor: Sandra Aresta

185900 Stoneybrook Local Park 6/18 M 9:45am-10:30am

185901 Stoneybrook Local Park 6/18 M 10:30am-11:15am

185905 Up County Gov Building 6/19 Tu 9:45am-10:30am

185907 Up County Gov Building 6/19 Tu 10:30am-11:15am

185908 Potomac CC 6/19 Tu 9:45am-10:30am

185909 Potomac CC 6/19 Tu 10:30am-11:15am

185910 Clara Barton CC 6/20 W 9:45am-10:30am

185911 Clara Barton CC 6/20 W 10:30am-11:15am

185912 Damascus CC 6/21 Th 9:45am-10:30am

185913 Damascus CC 6/21 Th 10:30am-11:15am

185914 Gwendolyn Coffield CC 6/22 F 9:45am-10:30am

185915 Gwendolyn Coffield CC 6/22 F 10:30am-11:15am

185916 Leland CC 6/23 Sa 9:45am-10:30am

185917 Leland CC 6/23 Sa 10:30am-11:15am

## Funfit® One

**Ages 1-2:** A fun-filled adult/child high-energy activity class that includes songs, stories, parachutes, games, balls, music and more. Develops motor skills, coordination, socialization, cooperation and reinforces cognitive development. A great workout for both you and your child. Adult participation required.

**6 Sessions \$57.00**

Instructor: Funfit®

185921 Leland CC 6/18 M 9:30am-10:15am

185922 Leland CC 6/18 M 10:15am-11:00am

185923 Potomac CC 6/18 M 4:00pm-4:45pm

185924 Gwendolyn Coffield CC 6/19 Tu 9:30am-10:15am

185925 Gwendolyn Coffield CC 6/19 Tu 10:15am-11:00am

185926 Stoneybrook Local Park 6/19 Tu 9:30am-10:15am

185927 Stoneybrook Local Park 6/19 Tu 10:15am-11:00am

185928 Fairland CC 6/19 Tu 10:00am-10:45am

185929 Quince Orchard Vly NP 6/19 Tu 4:00pm-4:45pm

185930 Potomac CC 6/20 W 9:30am-10:15am

185931 Potomac CC 6/20 W 10:15am-11:00am

185932 Damascus CC 6/20 W 9:30am-10:15am

185933 Germantown CC 6/21 Th 4:00pm-4:45pm

185934 Wheaton CC 6/21 Th 9:30am-10:15am

185935 Quince Orchard Vly NP 6/22 F 9:30am-10:15am

*Funfit®  
classes are  
high-energy  
fun classes  
which pro-  
vide a great  
workout for  
you and your  
child.*





### Funfit® Two

**Ages 2-3:** A fun-filled parent/child high-energy activity class that includes songs, stories, parachutes, games, balls, music and more. Develops motor skills, coordination, socialization, cooperation and reinforces cognitive development. A great workout for both you and your child. Adult participation required. Child must be walking.

**6 Sessions** **\$57.00**

Instructor: Funfit®

185936	Leland CC	6/18	M	11:00am-11:45am
185937	Potomac CC	6/18	M	4:45pm-5:30pm
185938	Fairland CC	6/19	Tu	10:45am-11:30am
185939	Gwendolyn Coffield CC	6/19	Tu	11:00am-11:45am
185940	Potomac CC	6/20	W	11:00am-11:45am
185941	Damascus CC	6/20	W	11:00am-11:45am
185942	Wheaton CC	6/21	Th	10:15am-11:00am
185943	Quince Orchard Vly NP	6/22	F	10:15am-11:00am

### Family Funfit®

**Ages 18 months-4 years:** A fun filled, high energy activity class that includes games, songs, stories, music, parachute, balls and more! A great workout for the whole family! Adult participation required. Child must be walking. Class price is per child.

**6 Sessions** **\$57.00**

Instructor: Funfit®

185944	Stoneybrook Local Park	6/19	Tu	11:00am-11:45am
185945	Fairland CC	6/19	Tu	11:30am-12:15pm
185946	Quince Orchard Vly NP	6/19	Tu	4:45pm-5:30pm
185948	Damascus CC	6/20	W	10:15am-11:00am
185947	Wheaton CC	6/21	Th	11:00am-11:45am
185950	Quince Orchard Vly NP	6/22	F	11:00am-11:45am
185949	Germantown CC	6/21	Th	4:45pm-5:30pm

### Wee Wanna Be Summer Siblings

**Ages 2-5:** Which sports players do your kids pretend to be? This innovative sports program builds self-esteem and confidence! Introduction to, soccer, football, kick ball, agility training, t-ball, and other sports through supervised, non-competitive play sessions. Each child can participate at his/her own pace. Adult participation required. Note: Classes will be held outdoors. Classes may be cancelled due to inclement weather. Parents and children, please dress appropriately and bring water/juice. For inclement weather cancellations and other information, call 301-983-2690. Classes will not meet 7/4. Make up class is scheduled for Friday, July 7. For more information go to [ctikids.com](http://ctikids.com). Price includes all materials.

**8 Sessions** **\$87.00**

Instructor: CTI-Kids Coach Doug

185976	Potomac CC	6/18	M, W	9:30am-10:15am
185977	Potomac CC	6/18	M, W	10:15am-11:00am
185978	Germantown CC	6/19	T, Th	9:30am-10:15am
185979	Germantown CC	6/19	T, Th	10:15am-11:00am

### Coach Doug's Summer Sports School

**Ages 4-7:** Join us for this innovative program based on the principals of the highly successful We Wanna Be classes which treat each child as a winner thus building self-esteem and enhancing cooperation. Classes will focus on specific sports for a longer period of time to allow children an opportunity to comfortably develop their interest and abilities. Teamwork is emphasized. Sports include: soccer, lacrosse and more! No class July 4. Make up class will be Friday, July 7. Price includes all materials.

**8 Sessions** **\$87.00**

Instructor: CTI-Kids Coach Doug

186000	Germantown CC	6/18	M, W	4:30pm-5:15pm
186002	Germantown CC	6/18	M, W	5:15pm-6:00pm
186001	Potomac CC	6/19	T, Th	4:30pm-5:15pm
186002	Potomac CC	6/19	T, Th	5:15pm-6:00pm

## "Friends" offer County-Wide Championships

Friends of Recreation will be offering a program of county wide championships in various sports and games for youth and adults over the next year. Information will become available on the Department's website. Stay tuned to find out how to become a Montgomery County Champion.

If you would like to make a tax deductible donation to Friends of Recreation, which helps support Department facilities or enables a needy child or teen to enjoy a positive recreation experience, simply make your check payable to Montgomery Parks Foundation and indicate how you want your gift to be used. Send your check to Friends of Recreation, 4010 Randolph Road, Silver Spring, MD 20902.

FOR is affiliated with the non-profit Montgomery Parks Foundation. To learn more about FOR, call 240-777-4920 or check our webpage at [www.montgomerycountymd.gov/rec](http://www.montgomerycountymd.gov/rec)

**Friends of  
RECREATION**  
Montgomery County

# Xciting Xtras

## Dog Obedience & Dog Owner Workshops

When deemed necessary by instructor, dogs may be assigned to a class better suited to their level of performance or owner may be asked to remove dogs from program. All pet vaccinations must be current. Prong collars are not permitted. No retractable leashes.

### Dog Obedience/Puppy Kindergarten

**Ages Trainers 12&Up/Puppies 2-5 months:** Prevent problems before they start. The puppy will explore and be trained to adjust to new sights, sounds, people, and dogs. Instruction in housebreaking, lead breaking and general discipline of puppy. Questions call Wortley Ganoe at 301-946-5645.

**6 Sessions** **\$43.00**

Instructor: Wortley Ganoe  
185493 MCRD Offices 7/7 Sa 10:00am-11:00am

### Dog Obedience Basic/Intermediate

**Ages Trainers 12&Up/Dog 6 months&Up:** Building on the basic commands, handlers will teach correct heel position, get reliable responses to first command, learn more about canine psychology, training goals, etc. Students WILL BE EXPECTED to practice outside class for best results. All work on lead.

**6 Sessions** **\$43.00**

Instructor: Wortley Ganoe  
185494 MCRD Offices 7/7 Sa 11:00am-12:00pm



### Before you Buy a Dog

**Ages 12&Up:** Are you thinking of adding a dog to your family? What breed do you want? Is this actually the breed you can live with? How do you find a breeder? What should you ask? What will the breeder ask you? What do you need to know about registration ('papers') and health issues? Can you afford a dog? These questions and more will be addressed in this class.

**1 Session** **\$30.00**

Instructor: Sandi Atkinson  
186543 Bauer Drive CC 6/27 W 7:00pm-8:30pm

### You Have Your Dog. Now What?

**Ages 12&Up:** Congratulations! You now have your dog! What else can you do beside go for walks? Have you ever wanted to know what goes on at a dog shows? How do you find an appropriate show? Could YOU compete successfully? Is there more to dog obedience than just a couple of classes? The answers to these and other questions about dog performance events will be discussed. Information and referral will be given to those wanting to get started on the road to specialty training and earning titles in the dog world. Bring paper and pen to take notes! The instructor whose dogs have been nationally ranked has successfully competed over the past 20+ years in agility, conformation, lure coursing, obedience, rally, and tracking, earning titles from four different dog registries.

**1 Session** **\$21.00**

Instructor: Sandi Atkinson  
186545 Bauer Drive CC 7/11 W 7:00pm-8:00pm

### Good Dog Bad Dog

**Ages 12&Up:** Before you consider shipping your pooch to detention school permanently it may help to look at some specific techniques that address the problems you are having with your dog. Class will address dog behavior and training concerns. Instructor will provide suggestions for problem solving and help you understand and live with your dog. Bring paper and pens to take notes.

**1 Session** **\$21.00**

Instructor: Sandi Atkinson  
186546 Bauer Drive CC 7/11 W 8:00pm-9:00pm

## Something a Little Different

### Chess-Beginner

**Ages 6&Up:** Chess has been proven to enhance the academics of math and reading in children grades K-12. Class will focus on fundamentals: the pieces, how they move, and their value. Students will learn the three phases of a chess game; the objectives of each phase; and how to accomplish checkmate. \$10 material fee due to instructor.

**6 Sessions** **\$38.00**

Instructor: Vaughn Bennett  
186848 Fairland CC 6/27 W 6:30pm-8:00pm  
186849 Bauer Drive CC 6/30 Sa 10:00am-11:30am



**Chess-Intermediate**

**Ages 6&Up:** This class will build on the skills from Beginning Chess Class. This class will teach more complex openings, opening theory, and take an in-depth look at tactical and endgame strategies. \$10 material due to instructor first class.

**6 Sessions****\$38.00**

Instructor: Vaughn Bennett

182993 Bauer Drive CC

6/28 Th

6:30pm-8:00pm


**You Can Juggle Too;  
You Can Juggle Three**

**Ages 13&Up:** This hands-on class teaches the basics of the art of juggling. Juggling is fun and a great way to exercise. It can improve motor skills, hand-eye coordination, rhythm, timing, and balance. Juggling can help you relax and relieve stress. You can also build confidence and self-esteem by learning to do what seemed impossible before.

You can even experiment with tricks. Juggling balls will be provided during the class. Sets of 3 juggling balls (for practice at home) will be available from the instructor for \$3.00 per set (optional). Wear comfortable clothing. Please note this class has 2 sessions.

**2 Sessions****\$18.00**

Instructor: Johnarthur Lightfoot



185650 Germantown CC

7/19 Th

7:00pm-8:30pm

185651 Germantown CC

8/9 Th

8:00pm-9:30pm

**Etiquette: Manners and More**

**Ages 8-12:** How do you start a conversation with the new kid in your class? What do you do if you break something at your friend's house? Is it okay to eat with my fingers? In this workshop kids learn the manners that will get them through everyday situations. The emphasis is on helping kids figure out the respectful, considerate, or kind thing to do. Table Manners, Social Etiquette, Communication Skills are provided to build confidence, character and leadership skills. \$10 material fee payable to instructor at first class.

**4 Sessions****\$55.00**

Instructor: Enchanted Play Inc

185594 Potomac CC

7/5 Th

6:30pm-7:30pm

**Etiquette: Teen**

**Ages 13-17:** This class can help your teenager meet life's challenges with confidence by teaching them social skills, etiquette and personal styles. Whether in the classroom, on the job, preparing for college, or getting ready for an interview, it is important to be distinguished from the rest of the pack. \$10 material fee payable to instructor at the first class.

**4 Sessions****\$55.00**

Instructor: Enchanted Play Inc

185595 Potomac CC

7/5 Th

7:30pm-8:30pm

**Princess Tea Party**

**Ages 4-7 years:** Mirror, Mirror on the wall, who's the prettiest princess of them all! This enchanted tea party focuses on your little princess. All guests will select from a variety of beautiful costumes and tiaras. Once dressed, the little ladies are ready to attend the Exchange Tea party which focuses on role play, mini etiquette session, fun and games.

**1 Session****\$20.00**

Instructor: Enchanted Play Inc

185593 Potomac CC

8/4 Sa

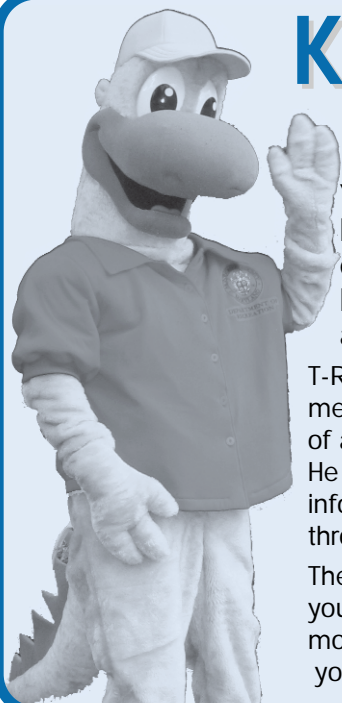
2:00pm-4:00pm

## Kids Love T-Recs!

**You've seen T-Recs at the County Fair! You've seen T-Recs at other events. Now, T-Recs, the lovable Recreation mascot, can make an appearance at your event.**

T-Recs loves appearing at public events, meeting children, and encouraging folks of all ages to get out and enjoy recreation. He will bring giveaways for the kids, and information about recreational opportunities throughout Montgomery County.

There is no charge for T-Recs to attend your next family-friendly event. To find out more about how you can invite T-Recs to your event, call 240-777-6820.







## Summer Camps-Contractual

### Tiny Tot Programs

#### Funfit Summer Fun

**Ages 3-5:** Let Funfit entertain your child while you take in some summertime fun! Drop off the little one for exciting activities including parachutes, balls, movement, sing-alongs, crafts, and a special carnival day. Bring a snack. Fee includes all materials. Children must be 3 and toilet trained by the start of the program. All Programs are for 3-5 year olds and meet M&W or Tu&Th for 3 weeks.

**5 Sessions \$121.00**

Instructor: Funfit®

175007 Quince Orchard Vly NP 6/18 M, W 9:30am-11:30am

175009 Capital View-Hmwd LP 6/18 M, W 9:30am-11:30am

**6 Sessions \$145.00**

Instructor: Funfit®

175008 Capital View-Hmwd LP 6/19 Tu, Th 9:30am-11:30am

175011 Quince Orchard Vly NP 6/19 Tu, Th 9:30am-11:30am

175010 Quince Orchard Vly NP 7/9 M, W 9:30am-11:30am

175012 Capital View-Hmwd LP 7/9 M, W 9:30am-11:30am

175013 Capital View-Hmwd LP 7/10 Tu, Th 9:30am-11:30am

175014 Quince Orchard Vly NP 7/10 Tu, Th 9:30am-11:30am

#### Mini Music Makers

**Ages 3-5:** Discover and explore musical aspects and concepts in this enjoyable mini school using percussion and melodic instruments. It includes an exciting curriculum utilizing traditional and composed songs, rhythm, motor coordination, steady beat, singing, ear training, movement and exposure to folk dances. Parents are welcome to stay and participate in the class. \$20 material fee due to the instructor. No transportation is provided. Children must be 3 and toilet trained by the start of the program. Programs meet M&W or Tu&Th for 3 weeks. Call 301-951-3626 for more information.

**5 Sessions \$121.00**

Instructor: Geiza Dourado

175018 Gwendolyn Coffield CC 6/18 M, W 9:30am-11:30am

**6 Sessions \$145.00**

Instructor: Geiza Dourado

175020 Norwood Local Park 6/19 Tu, Th 9:30am-11:30am

175019 Gwendolyn Coffield CC 7/9 M, W 9:30am-11:30am

175021 Norwood Local Park 7/10 Tu, Th 9:30am-11:30am

### UK Elite Soccer Summer Petite

**Ages 3-4:** A fun introduction to soccer utilizing maximum activity and participation and highly stimulating fantasy games. The focus is creating a fun learning environment in which children develop basic ball manipulation skills, using their feet. Instruction is provided by professional British coaches and teachers. All participants receive a U.K. Elite t shirt, a new Reebok soccer ball and a certificate of attendance.

**5 Sessions \$110.00**

Instructor: Matthew Fletcher (U.K. Elite Tiny Tot Soccer )

176418 Flower Hill ES 6/25 M-F 9:00am-10:30am

176419 Flower Hill ES 6/25 M-F 10:30am-12:00pm

176434 Wood Acres S 7/30 M-F 9:00am-10:30am

176435 Wood Acres ES 7/30 M-F 10:30am-12:00pm

176320 Greenwood ES 8/6 M-F 10:30am-12:00pm

**5 Sessions \$120.00**

Instructor: Matthew Fletcher (U.K. Elite Tiny Tot Soccer )

176311 Burning Tree ES 6/25 M-F 9:00am-10:30am

176312 Burning Tree ES 6/25 M-F 10:30am-12:00pm

176313 Burning Tree ES 7/9 M-F 9:00am-10:30am

176314 Burning Tree ES 7/9 M-F 10:30am-12:00pm

176319 Greenwood ES 8/6 M-F 9:00am-10:30am

176321 Gwendolyn Coffield CC 8/20 M-F 9:00am-10:30am

176322 Gwendolyn Coffield CC 8/20 M-F 10:30am-12:00pm

### Challenger Jr.

**Ages 3-5:** This preschool program combines the creative and age appropriate activities of Challenger Space & Rocketry with the non-competitive Sports/Fitness activities of Wee Wanna Be. Organized 'Learning Stations' feature fun-in-learning, hands-on activities based on the space theme. Sports are presented in a kid friendly environment where children can learn at their own pace. Preschoolers love discovering just what they can accomplish in this multi-action program! \$5 material fee due.

**4 Sessions \$78.00**

Instructor: CTI-Kids Coach Doug

176091 Cabin John MS 7/2 M,Tu,Th,F 9:00am-12:00pm

**5 Sessions \$98.00**

Instructor: CTI-Kids Coach Doug

176089 Cabin John MS 6/18 M-F 9:00am-12:00pm

176090 Cabin John MS 6/25 M-F 9:00am-12:00pm

176092 Cabin John MS 7/9 M-F 9:00am-12:00pm

176093 Cabin John MS 7/16 M-F 9:00am-12:00pm

176094 Cabin John MS 7/23 M-F 9:00am-12:00pm

176095 Cabin John MS 7/30 M-F 9:00am-12:00pm

176096 Cabin John MS 8/6 M-F 9:00am-12:00pm





## Art Mini Camps

Bus and Extended camp information is on our website ([montgomerycountymd.gov/rec](http://montgomerycountymd.gov/rec)).

### Camp Abakadoodle: Anime

**Ages 6-12:** Join the newest trend in animation! Animé is the Japanese art of animation and Camp Abakadoodle teaches you how to create that unique look that is Animé! Learn the basics of head and facial features plus body motion using shapes, colors and techniques to produce your very own finished characters. \$58 material fee due to instructor the first day includes your Abakadoodle Animé guide book and the rest of the materials to further explore this unusual art form at home. Materials fee also includes all materials, props, games, stories and music used in class as well as the take home kit that extends the learning and fun at home.

5 Sessions	\$100.00			
Instructor: Abakadoodle				
175564 Greenwood ES	6/25	M-F	9:00am-12:15pm	
175565 Shady Grove MS	7/16	M-F	9:00am-12:15pm	
175566 North Bethesda MS	7/16	M-F	9:00am-12:15pm	
175567 White Oak MS	7/23	M-F	12:15pm-3:30pm	
175568 Shady Grove MS	7/23	M-F	12:15pm-3:30pm	
175569 North Bethesda MS	7/30	M-F	12:15pm-3:30pm	



## A Penny for your Thoughts

Your opinion is important to us. We are genuinely interested in your experiences and appreciate your participation in our programs. Please take a few minutes to complete our customer survey.

This survey is available at  
[montgomerycountymd.gov/content/rec/survey.asp](http://montgomerycountymd.gov/content/rec/survey.asp).

Your comments will help us to improve our services.

## Camp Abakadoodle: Castles & Dragons

**Ages 6-12:** Make your very own castle using creative art materials and techniques. Create a family crest or shield from your own family history. Protect your castle with origami dragons that you create. Then get in the action with a crown, a helmet, a tiara or a jester's hat. \$58 material fee due on the first day includes all the materials, props, games, stories and music used in class as well as the take home kit that extends the learning and fun at home.

5 Sessions	\$100.00			
Instructor: Abakadoodle				
175075 Greenwood ES	6/25	M-F	12:15pm-3:30pm	
175076 Shady Grove MS	7/9	M-F	9:00am-12:15pm	
175077 North Bethesda MS	7/9	M-F	12:15pm-3:30pm	
175078 White Oak MS	7/23	M-F	9:00am-12:15pm	
175107 North Bethesda MS	7/30	M-F	9:00am-12:15pm	
176436 White Oak MS	7/30	M-F	12:15pm-3:30pm	

## Camp Abakadoodle: Impress Me

**Ages 6-12:** How did they do that? Discover techniques and styles of impressionists Monet, Schue, Seurat and Cherkasky; featuring pastels, watercolors, collage, and pointillism during three to four lessons throughout the day. Chalk pastels and blending tools help create landscapes, and tissue paper cut-out shapes to discover your own 'lunch' of art. \$58 material fee due on first day includes all materials, props, games, stories and music used in class as well as the take home kit that extends the learning and fun at home.

5 Sessions	\$100.00			
Instructor: Abakadoodle				
175111 Shady Grove MS	6/25	M-F	9:00am-12:15pm	
175112 North Bethesda MS	7/23	M-F	9:00am-12:15pm	
175113 Shady Grove MS	7/30	M-F	12:15pm-3:30pm	
175114 North Bethesda MS	8/6	M-F	12:15pm-3:30pm	



### Camp Abakadoodle: Pirate Island

**Ages 6-12:** Ahoy all Mateys! Travel to Pirate Island and create treasure maps, pirate ships, treasure chests, sea monsters, ship flags, doubloon necklaces and so much more! Explore sand painting, sculpture, cartooning, origami, cartography and much more using your very own Abakadoodle Pirate Kit. \$58 material fee due to instructor includes all materials, props, games, stories and music used in class as well as the take home kit that extends the learning and fun at home.

5 Sessions	\$100.00			
Instructor: Abakadoodle				
175557 Greenwood ES	6/18	M-F	9:00am-12:15pm	
175558 Greenwood ES	7/9	M-F	12:15pm-3:30pm	
175559 Shady Grove MS	7/9	M-F	12:15pm-3:30pm	
175560 White Oak MS	7/16	M-F	9:00am-12:15pm	
175562 North Bethesda MS	7/16	M-F	12:15pm-3:30pm	
175563 Shady Grove MS	7/30	M-F	9:00am-12:15pm	



### ★ **Camp Abrakadoodle: Studio 1**

**Ages 6-12:** Take the challenge and create your own artwork with cut papers, markers, colored pencils and model magic while learning about famous artists such as George Rodrigue, Matisse, Mort Solberg, Audubon, Picasso, Norval Morrisseau and more. Use your very own Abrakadoodle challenge book to learn more about artists and create new art on the challenge pages. \$58 material fee due to instructor on the first day includes all materials, props, games, stories and music used in camp as well as the take home kit that extends the learning and fun at home.

**5 Sessions** **\$100.00**

Instructor: Abrakadoodle

175507	Shady Grove MS	6/25	M-F	12:15pm-3:30pm
175508	Greenwood ES	7/9	M-F	9:00am-12:15pm
182443	Shady Grove MS	7/23	M-F	9:00am-12:15pm
175510	North Bethesda MS	7/23	M-F	12:15pm-3:30pm
175511	White Oak MS	7/30	M-F	9:00am-12:15pm

### ★ **Camp Abrakadoodle: Wild 'n Wacky Art**

**Ages 6-12:** Crazy! Goofy! Creative! Wild 'n Wacky Art has it all-exciting techniques and materials! Transfer your energy to creative fun art such as feather printing, kirigami, sting painting, split landscapes and more while learning about a variety of artists. \$58 material fee due to instructor on the first day includes all the materials, props, games, stories and music used in class as well as the take home kit that extends the learning and fun at home.

**5 Sessions** **\$100.00**

Instructor: Abrakadoodle

175572	North Bethesda MS	7/9	M-F	9:00am-12:15pm
175573	Shady Grove MS	7/16	M-F	12:15pm-3:30pm
175574	North Bethesda MS	8/6	M-F	9:00am-12:15pm

### **Art Destinations Specialty Camp**

**Ages 8-14** at all locations and weeks except for the weeks of July 2-13 at the Wood MS location which is for ages 9-15. Make Art Destination your destination for creative fun. Take a magical journey where children of all levels work on the same project or project of choice. New themes, techniques and materials are woven into each session's journey. Join us for the morning, afternoon, all day or all summer. There will be an art show for family and friends at the end of each session. Bring a bag lunch or snack and smock. New fun themes this year!

**Morning Session:** Your destination is the world of crafts; experiment with new techniques turning everyday items into treasures. Express yourself with new artistic inventions. \$40 material fee due instructor for each two week session.

**Afternoon Session:** Your afternoon destination focuses more on fine arts with a healthy dose of defined crafts. Use materials in new ways-never boring! Pottery is available at the Wood location only. \$40 material fee due for two week session.

**9 Sessions**

**\$180.00**

No program July 4.

Instructor: Abigail Dion

175058	Wood MS	7/2	M-F	9:00am-12:15pm
175061	Wood MS	7/2	M-F	12:15pm-3:30pm
175071	Rocky Hill MS	7/2	M-F	9:00am-12:15pm
175072	Rocky Hill MS	7/2	M-F	12:15pm-3:30pm

**10 Sessions**

**\$200.00**

Instructor: Abigail Dion

175057	Wood MS	6/18	M-F	9:00am-12:15pm
175060	Wood MS	6/18	M-F	12:15pm-3:30pm
175069	Rocky Hill MS	6/18	M-F	9:00am-12:15pm
175070	Rocky Hill MS	6/18	M-F	12:15pm-3:30pm
175059	Wood MS	7/16	M-F	9:00am-12:15pm
175062	Wood MS	7/16	M-F	12:15pm-3:30pm
175073	Rocky Hill MS	7/16	M-F	9:00am-12:15pm
175074	Rocky Hill MS	7/16	M-F	12:15pm-3:30pm

### ★ **Camp VisArts: Picture This N' That**

**Ages 13-16:** Capture friends, favorite places, family, even pets on film as you learn the art of traditional black and white photography. Compose exposures with an 35 mm camera, process film and create prints in a darkroom. Expand your understanding of the technical and aesthetic possibilities of traditional photography. Learn more about contemporary and historical photographers. A final show will be held at the end of the session. Bring your own 35 mm camera. \$20 material fee due to instructor on the first day. Space is very limited.

**10 Sessions**

**\$200.00**

Instructor: Metropolitan Center for the Visual Arts, Inc (VisArts)

175708	Ross Boddy CC	7/30	M-F	1:00pm-4:00pm
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### ★ **Camp VisArts: Cell&Tell**

**Ages 13-16:** Create cartoon characters, flipbooks, and comic strips in this fun intensive camp. Learn exactly what goes into effective story telling with emphasis on the basic drawing and painting principles, perspective, color, composition, dialogue and figure ground relationships. Great for all skill levels! \$5 material fee due to instructor on the first day.

**10 Sessions**

**\$200.00**

Instructor: Metropolitan Center for the Visual Arts, Inc (VisArts)

175714	Hoover MS	7/16	M-F	1:00pm-4:00pm
175715	Damascus CC	7/30	M-F	1:00pm-4:00pm

*Learn to  
take great  
pictures  
at Camp  
VisArts:  
Picture This  
N' That.*





### ★ NEW ★ Camp VisArts: Free Throw Pottery

**Ages 13-16:** Check out the art of wheel throwing and putting it all together your way! Emphasis will be on centering, throwing, carving, and glazing work. Both functional and sculptural forms can be made with various surface decoration techniques. Great for all levels! \$20 material fee due to instructor on the first day.

**10 Sessions** **\$200.00**

Instructor: Metropolitan Center for the Visual Arts, Inc (VisArts)

175710	Damascus CC	7/16	M-F	1:00pm-4:00pm
175711	Leland CC	7/30	M-F	1:00pm-4:00pm

### ★ NEW ★ Camp VisArts: Style N'Trends

**Ages 13-16:** Perfect for anyone interested in fashion art and design. Create designs on paper and transfer them to fabric. Some in class sewing may occur, but you don't need sewing experience to participate in class. Exhibit your stylish creations at the end of class fashion show. Great for all skill levels. \$15 material fee due to instructor on the first day.

**10 Sessions** **\$200.00**

Instructor: Metropolitan Center for the Visual Arts, Inc (VisArts)

175716	Potomac CC	7/16	M-F	1:00pm-4:00pm
175717	Shady Grove MS	7/30	M-F	1:00pm-4:00pm

## Dance & Performing Arts

### ★ NEW ★ Summer Ballet and Dance

**Ages 6-7 years:** Creative dancing and classical ballet movements go very well together in this professional clinic. Children will perform Story Ballets created by Kim Bell just for the dancers. Programs include costumes and performance. Uniform: Black leotard, pink tights/ballet slippers and pink ballet skirt. The morning Tap is a wonderful complement program for dancers who want a full day of dance.

**10 Sessions** **\$248.00**

Instructor: Kim Bell

175757	North Bethesda MS	7/9	M-F	12:30pm-3:30pm
175758	North Bethesda MS	7/23	M-F	12:30pm-3:30pm
175759	Leland CC	8/6	M-F	12:30pm-3:30pm

### ★ NEW ★ Summer Tap

**Ages 6-7 years:** Children are taught a blend of rhythm tap and Broadway tap dance skills as well as dance history orientation. Program includes costumes and performance. Uniform: Any style leotard with sweat pants, white socks and tap shoes. The afternoon Ballet and Dance is a wonderful complement for dancers that want a full day of dance. Students that register for the afternoon Ballet and Dance need to bring a bag lunch to eat at noon. No refrigeration or microwave available.

**10 Sessions** **\$248.00**

Instructor: Kim Bell

175712	North Bethesda MS	7/9	M-F	9:00am-12:00pm
175713	North Bethesda MS	7/23	M-F	9:00am-12:00pm
175718	Leland CC	8/6	M-F	9:00am-12:00pm



### ★ NEW ★ Musical Theater Dance Performance

**Ages 12-15:** This class explores the various choreography styles that are used in musical theater/Broadway shows. The one-hour class will be followed by a one-hour rehearsal that will culminate in an end of the week performance for friends and family.

**5 Sessions** **\$83.00**

Instructor: CityDance Inc

175859	North Bethesda MS	6/25	M-F	10:00am-12:00pm
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### ★ NEW ★ Hip Hop Performance

**Ages 12-15:** This exciting street style choreography will incorporate different elements of hip hop dance. The one-hour class will be followed by a one-hour rehearsal that will culminate in an end of the week performance for friends and family.

**5 Sessions** **\$83.00**

Instructor: CityDance Inc

175858	North Bethesda MS	6/18	M-F	10:00am-12:00pm
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Montgomery County  
**RECREATION**  
DEPARTMENT



The mission of the Montgomery County Department of Recreation is to provide high quality, diverse and accessible programs, services and facilities that enhance the quality of life for all ages, cultures, and abilities.

## Instructional Sports Clinics

### Baton, Cheerleading, and Poms for Summer

**Ages 7-11:** Here is a program that highlights the spirit of teamwork and friendly competition. Choreographed routines to contemporary music enhance poise and develop confidence. Beginner through advanced levels practice basic twirls, marching routines, and dance twirls. Teachers are registered with the National Baton Twirling Association. A \$27 material fee is payable to instructor on first day to cover T-shirt, poms, and swimming pool time. Batons may be either borrowed or purchased from the instructor. Buses and extended camp are available at Kingsview MS ONLY. Questions call Juli at 240-422-6789 (cell), 301-865-5553 (phone) or email at [zipjld@aol.com](mailto:zipjld@aol.com)

#### 5 Sessions \$140.00

Instructor: Julianna Duda

174907 Upper County CC 8/6 M-F 9:00am-3:00pm

174909 Germantown CC 8/13 M-F 9:00am-3:00pm

#### 5 Sessions \$145.00

Instructor: Julianna Duda

174908 Kingsview MS 7/30 M-F 9:00am-3:30pm

### Global Cheerleading Camp

**Ages 6-12:** Global Kids Cheerleading is designed to offer the highest quality of team cheerleading instruction. The camp curriculum includes cheers, sideline chants, dance, stunting, timeout routines, and pyramid instruction. Special sessions are conducted in team bonding and strength and flexibility conditioning. While this camp is 'team-oriented,' individual participants may attend. \$40 material fee covers poms, sofee shorts and camp t-shirt.

#### 5 Sessions \$116.00

Instructor: Monika Utrecht

175030 North Bethesda MS 7/2 M-F 9:00am-3:30pm

#### 5 Sessions \$145.00

Instructor: Monika Utrecht

175028 North Bethesda MS 6/18 M-F 9:00am-3:30pm

175029 North Bethesda MS 6/25 M-F 9:00am-3:30pm

175031 North Bethesda MS 7/9 M-F 9:00am-3:30pm

175032 North Bethesda MS 7/16 M-F 9:00am-3:30pm



### Fencing School

**Ages 7-16:** Introduction to fencing. This two-week program will emphasize agility, coordination, and basic foil techniques. \$30 material fee payable to the instructor at the first class. Equipment provided: foil, mask and jacket.

#### 9 Sessions \$142.00

Instructor: Gitty Mohebban

175660 Matsunaga ES 7/2 M-F 10:00am-12:00pm

175658 Wood MS 7/2 M-F 3:45pm-5:45pm

#### 10 Sessions \$158.00

Instructor: Gitty Mohebban

175661 Matsunaga ES 6/18 M-F 10:00am-12:00pm

175657 Wood MS 6/18 M-F 3:45pm-5:45pm

175659 Matsunaga ES 7/16 M-F 10:00am-12:00pm

175662 Wood MS 7/16 M-F 3:45pm-5:45pm

175664 Matsunaga ES 7/30 M-F 10:00am-12:00pm

175663 Wood MS 7/30 M-F 3:45pm-5:45pm

### Volleyball Clinics Mid-Atlantic

**Ages 11-14:** Geared to all ability levels, here is a fun and competitive program for middle school students to learn the skills and strategies from experienced coaches. This clinic enhances individual skills, prepares players for high school competition, and develops a greater enjoyment of this lifetime sport.

#### 5 Sessions \$104.00

Instructor: Volleyball Mid Atlantic

175685 Montgomery Village MS 7/9 M-F 9:00am-12:00pm

### Skateboard and In-Line Clinics at Olney

Radical dude! Extreme Fun! These clinics provide beginner through advanced level instruction in a variety of locations. Bring water and snack in labeled cooler. No indoor space is available. In the event of inclement weather, cancellations will be announced by 7:30am on 703-994-7617. Participants must be picked up when electrical storms or heavy rain cancel the program. Time lost due to bad weather is made up on Friday. Ages 6-13: Learn to ride, tack turn, ollie, kick flip, grind, stall, drop in and get air in this clinic held at the brand new skate park. Groups are formed by age and ability. Friday is a rain day make up. Required equipment: Skate board, helmet designed for skateboarding, wrist guards, elbow and knee pads. Participants receive t-shirt and prize

#### 4 Sessions \$156.00

Instructor: Company: American In-Line Skating

175766 Olney Manor RP 6/25 M-Th 8:30am-12:00pm

176258 Olney Manor RP 7/9 M-Th 8:30am-12:00pm

176259 Olney Manor RP 7/23 M-Th 8:30am-12:00pm

176260 Olney Manor RP 7/30 M-Th 8:30am-12:00pm

176261 Olney Manor RP 8/6 M-Th 8:30am-12:00pm

176262 Olney Manor RP 8/13 M-Th 8:30am-12:00pm

*Learn to  
skateboard at  
our new  
skate park in  
Olney!*



### Skateboard Clinics at Potomac

**Ages 6-13:** Learn to ride, tack turn, olly, kick flip, grind, stall, drop in and get air. Groups are formed by age and ability. Time lost to bad weather is added to Friday's class. Required equipment: Skate board, helmet designed for skateboarding, wrist guards, elbow and knee pads. Participants receive p 67-68t-shirt and prize

**5 Sessions \$195.00**

Instructor: Company: American In-Line Skating  
176228 Potomac CC 6/18 M-F 9:00am-12:00pm

### Skating Clinics In Line Basic Potomac

**Ages 6-13:** Skate, stop, turn and go are the basic in-line skating skills for beginner and intermediate skaters that will be taught in this clinic. Instruction will include techniques such as gearing up, how to avoid falling down, skating forward and backward, and stopping and turning. Participants will also learn about equipment maintenance and safety checks, and they will participate in skating games, tours and more. The following required equipment must be provided by the participant: in-line skates, helmet designed for biking or in-line skating, wrist guards, elbow and knee pads. Bring water and a snack in a cooler with the participant's name on it. No indoor space is available. In the event of inclement weather, cancellations are announced by 7:30am on 703-803-7100 or 240-777-6889. Players must be picked up when electrical storms or heavy rain cancels the program.

**5 Sessions \$195.00**

Instructor: Company: American In-Line Skating  
175760 Potomac CC 6/18 M-F 9:00am-12:30pm

### Philbin's Football Condition Camp

**Ages 9-18:** Get the competitive edge! Our coaching features All-Pro Lineman Tre Johnson and Redskins Conditioning Coach, John Philbin. This camp will focus on basic offensive and defensive fundamentals, advanced blocking techniques, and advanced defensive line techniques. Build explosive power, maximum strength, increase speed, quickness, agility and footwork. Techniques used in the well-respected Philbin's Speed and Agility Power School program and this class are the same ones that led Washington Redskin James Thrash to say 'Coach Philbin's training techniques have been a major influence on my success as an NFL player.' If you really want to improve this summer, come to this program and you won't be disappointed. Questions call 301-527-0500 or email at [erinn@PhilbinsATC.com](mailto:erinn@PhilbinsATC.com)

**5 Sessions \$245.00**

Instructor: Philbin's Family Fitness Cntr. Philbin's Family Fitness Cntr.

174911 Philbin's Athletic Tr Ctr 6/18 M-F 9:00am-12:00pm

### Philbin's Soccer Conditioning Camp

**Ages 9-18:** Get the competitive edge! Build power, strength and explosiveness in your game. You will also improve your soccer speed, agility and footwork plus learn how to avoid injuries. Features the well-respected Philbin's Speed & Agility Power School program. Focus on increasing sprint speed, athletic agility and power development. Specific emphasis on start, acceleration/deceleration, change in direction, transition, maximum speed, velocity and building endurance. If you really want to improve your conditioning for soccer and improve your game, this is the camp for you. Questions call 301-527-0500 or email at [kmorris@PhilbinsATC.com](mailto:kmorris@PhilbinsATC.com)

**5 Sessions \$245.00**

Instructor: Philbin's Family Fitness Cntr. Philbin's Family Fitness Cntr.

174910 Philbin's Athletic Tr Ctr 6/25 M-F 9:00am-12:00pm



## Give your child a Summer to remember.

Summer Fun Centers are for children ages 5-12 (must have attended kindergarten). Fun Centers offer a variety of organized and supervised activities including games, sports, arts & crafts and special events.

A six-week program meets June 25-August 3. For more information contact the regional office nearest you:

#### Bethesda-Chevy Chase Region

(Potomac, Darnestown, Chevy Chase and Bethesda)

**240-777-6900**

#### East County Region

(Burtonsville, Fairland and Route 29 corridor)

**240-777-4980**

#### Mid County Region

(Olney, Sandy Spring, Aspen Hill, Kemp Mill and Wheaton)

**240-777-4930**

#### Silver Spring Region

(Silver Spring, Kensington, Garrett Park and Takoma Park)

**240-777-4910**

#### Upcounty Region

(Gaithersburg, Laytonsville, Poolesville, Damascus and Germantown)

**240-777-6940**





## Martial Arts

### Karate Clinics

**Ages 6-12:** This clinic provides diversified and intensive Tang Soo Do style Korean karate and jujitsu instruction for all ability levels. It includes basic motion, kata, one-step sparring, falling, take downs, throwing, exam preparation, and more. Students are grouped by belt level and age where appropriate. An optional exam will be offered for an additional \$25, payable to TKA.

**4 Sessions** **\$48**

Instructor: TKA, Inc.

175683	Loiederman MS	6/18	M-Th	9:00am-11:30am
175684	Loiederman MS	6/25	M-Th	9:00am-11:30am

## Xciting Xtras

### Global Kidz Connections

**Ages 5-9:** This fun-filled camp features crafts, music and dance from around the world, sports and games played in other countries, and special events and themed activities that celebrate ethnicity and diversity. The camp closes with an Olympic Games festival that features fun sports, food and awards on the last day of camp. Please bring a bag lunch.

**5 Sessions** **\$160.00**

Instructor: Boyds Country School

175669	North Bethesda MS	7/23	M-F	9:00am-3:30pm
175670	North Bethesda MS	7/30	M-F	9:00am-3:30pm
175671	Tilden Woods LP	8/6	M-F	9:00am-3:30pm
175672	Tilden Woods LP	8/13	M-F	9:00am-3:30pm
175673	Tilden Woods LP	8/20	M-F	9:00am-3:30pm



## Global Kidz Connections

### Extended Hours

Children registered in Global Kidz may register for morning and/or afternoon extended hours. The program offers supervised free choice and informal recreation activities.

**5 Sessions** **\$20.00**

Instructor: Boyds Country School

175811	North Bethesda MS	7/23	M-F	7:00am-9:00am
175812	North Bethesda MS	7/30	M-F	7:00am-9:00am
175813	Tilden Woods LP	8/6	M-F	7:00am-9:00am
175814	Tilden Woods LP	8/13	M-F	7:00am-9:00am
175815	Tilden Woods LP	8/20	M-F	7:00am-9:00am

**5 Sessions** **\$33.00**

Instructor: Boyds Country School

175818	North Bethesda MS	7/23	M-F	3:30pm-6:00pm
175819	North Bethesda MS	7/30	M-F	3:30pm-6:00pm
175820	Tilden Woods LP	8/6	M-F	3:30pm-6:00pm
175821	Tilden Woods LP	8/13	M-F	3:30pm-6:00pm
175822	Tilden Woods LP	8/20	M-F	3:30pm-6:00pm



## Challenger Space & Rocketry

**Grades K-6:** Combine sports, space science and computer technology with a focus on teambuilding and you get-Challenger! Experience the importance of cooperative effort in scientific endeavors, in everyday life, and on the sports field. A new space science activity is offered each week, so it never gets boring. You may get the chance to build and launch a model rocket. \$10 material fee due to instructor on the first day. Extended camp location Cabin John MS (CJ) and Potomac CC (PT). Bus transportation from Potomac CC (PT14). AM Extended course number for 8/6-8/10 is 182193 and PM is 182194.

**4 Sessions** **\$156.00**

Instructor: CTI-Kids Coach Doug

176083	Cabin John MS	7/2	M,Tu,Th,F	9:00am-3:30pm
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**5 Sessions** **\$195.00**

Instructor: CTI-Kids Coach Doug

176081	Cabin John MS	6/18	M-F	9:00am-3:30pm
176082	Cabin John MS	6/25	M-F	9:00am-3:30pm
176084	Cabin John MS	7/9	M-F	9:00am-3:30pm
176085	Cabin John MS	7/16	M-F	9:00am-3:30pm
176086	Cabin John MS	7/23	M-F	9:00am-3:30pm
176087	Cabin John MS	7/30	M-F	9:00am-3:30pm
176088	Cabin John MS	8/6	M-F	9:00am-3:30pm



### Challenger-Kids Keys n Sports Extended

Children registered for the last session, 8/6-8/10, of Challenger Space Rocketry and Kids, Keys 'n Sports are eligible to register for the extended day program offered morning and afternoon.

#### 5 Sessions **\$26.00**

Instructor: CTI-Kids Coach Doug  
182193 Cabin John MS 8/6 M-F 7:00am-9:00am

#### 5 Sessions **\$32.00**

Instructor: CTI-Kids Coach Doug  
182194 Cabin John MS 8/6 M-F 3:30pm-6:00pm

### Kids, Keys 'n Sports

**Grades K-6:** Wow! A summer camp that exercises your child's body as well as his/her mind! The program alternates self-paced and entertaining computer keyboarding practice with instruction in your child's favorite sports. Sports vary daily and weekly and may include soccer, hockey, basketball, lacrosse and more. Kids improve skills in a non-competitive environment that stresses teamwork, skill enhancement and co-operation. It's a winner for everyone! \$10 material fee due to instructor on first day. Extended camp location Cabin John MS (CJ) and Potomac CC (PT). Bus transportation from Potomac CC (PT14). AM Extended course number for 8/6-8/10 is 182193 and PM is 182194.

#### 4 Sessions **\$156.00**

Instructor: CTI-Kids Coach Doug  
176058 Cabin John MS 7/2 M,Tu,Th,F 9:00am-3:30pm

#### 5 Sessions **\$195.00**

Instructor:  
176208 Cabin John MS 7/9 M-F 9:00am-3:30pm

Instructor: CTI-Kids Coach Doug

176056 Cabin John MS 6/18 M-F 9:00am-3:30pm

176057 Cabin John MS 6/25 M-F 9:00am-3:30pm

176060 Cabin John MS 7/16 M-F 9:00am-3:30pm

176061 Cabin John MS 7/23 M-F 9:00am-3:30pm

176062 Cabin John MS 7/30 M-F 9:00am-3:30pm

176063 Cabin John MS 8/6 M-F 9:00am-3:30pm

### **Mystery Academy: Magical Summer**

**Ages 7-12 years:** Give 'em the old razzle dazzle and an adventure that will make their summer one to remember! Fascinating feats of magic, grand games, artistic amusement, spectacular special events and more await each camper. Ladies and Gentlemen will be exposed to a variety of magic tricks with emphasis on dramatic and comedic presentations. To accentuate the art of this craft, campers will make props such as hats and wands. A guest magician will provide an opportunity for campers to observe different tricks and performing styles. Before the final curtain, campers will participate in a magic show and perform a trick that they mastered.

#### 5 Sessions **\$120.00**

Instructor: Christopher McCauley Bowers

175666 North Bethesda MS 7/16 M-F 12:00pm-3:30pm

175667 Wheaton CC 8/13 M-F 9:00am-12:30pm



### **Mystery Academy: Magical Adventures**

**Ages 5-7 years:** Younger children love this magical adventure in this playful introduction to the Mystery Academy. Magic, cup stacking, juggling, comedy, puppetry, stage and short presentations are all part of the tricks of the trade for this magical journey. Having fun, overcoming shyness and stage fright, and stimulating interest in this performance art are what is pulled out of the hat in this zany program!

#### 5 Sessions **\$120.00**

Instructor: Christopher McCauley Bowers

175668 North Bethesda MS 7/9 M-F 9:00am-12:30pm



*Our summer activities fill your child's summer with fun!*

## Club Holiday Endless Summer

**Ages 3-12:** Looking to extend your day? See Club Holiday Extended Day-Su, for morning and afternoon fun at a reasonable price. See end of this description for course #'s. Here's an exciting opportunity to enjoy age appropriate sports, games, arts and crafts and more in this supercharged environment. The Club will feature organized activities as well as time for participants to engage in activities based on their own interests. Sports include soccer, basketball, hockey and others. In addition, there will be games and non-competitive activities designed for everyone's enjoyment. Special events and surprises will heighten the fun. It's a great way to wind down at the end of summer, making it an endless summer for all! Bring a bag lunch. Price includes all materials. Note: Little Skippers ages 3-5 will rotate through age appropriate activities and may only register for the half-day session. For more information, call 301-983-2690.

### 5 Sessions **\$98.00**

Instructor: CTI-Kids Coach Doug

175022	Germantown CC	8/6	M-F	9:30am-12:30pm
175025	Bauer Drive CC	8/13	M-F	9:30am-12:30pm
175026	Potomac CC	8/20	M-F	9:30am-12:30pm

### 5 Sessions **\$158.00**

Instructor: CTI-Kids Coach Doug

175023	Germantown CC	8/6	M-F	9:30am-3:30pm
175024	Bauer Drive CC	8/13	M-F	9:30am-3:30pm
175027	Potomac CC	8/20	M-F	9:30am-3:30pm

## Club Holiday Extended Day

Children registered for Club Holiday, are eligible to register for an extended day program for an additional fee. The extended program provides supervised informal recreational activities for participants before and after Club Holiday. Half day participants are eligible for AM sessions only. For more information go to [ctikids.com](http://ctikids.com).

### 5 Sessions **\$26.00**

Instructor: CTI-Kids Coach Doug

176050	Germantown CC	8/6	M-F	7:30am-9:30am
176052	Bauer Drive CC	8/13	M-F	7:30am-9:30am
176054	Potomac CC	8/20	M-F	7:30am-9:30am

### 5 Sessions **\$31.00**

Instructor: CTI-Kids Coach Doug

176051	Germantown CC	8/6	M-F	3:30pm-6:00pm
176053	Bauer Drive CC	8/13	M-F	3:30pm-6:00pm
176055	Potomac CC	8/20	M-F	3:30pm-6:00pm



## ★ Horseback Riding Camp

**Ages 10-14 years:** Children will ride twice per day 4 times per week, swim one time per day, and have the option to do unmounted horse activities including leading horses, unsaddling, grooming, bathing, cleaning tack, plus general barn responsibilities OR two other sports activities (i.e. basketball, soccer, gymnastics). There is no riding on Thursdays (horse's much-deserved day off; try running around in 90+ degree weather with a fur coat on!), but the kids will have unmounted horse activities such as those listed above and have the opportunity to play 'Camp Game,' a traditional favorite!

### 4 Sessions **\$324.00**

Instructor: Camp Olympia

175709	Camp Olympia	7/2	M,Tu,Th,F	9:30am-3:30pm
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### 5 Sessions **\$405.00**

Instructor: Camp Olympia

175707	Camp Olympia	6/18	M-F	9:30am-3:30pm
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## Did you know that...

Over 100,000 of your friends and neighbors registered for Recreation programs last year? They already know that Recreation provides great activities for every age and interest.

**Teens:** Why not make this your best summer ever? Check out our Teens activities starting on page 80.

**Seniors:** Look over the programs starting on page 82.

**Everyone:** We also have Sports (page 76), Therapeutic Recreation activities (page 88), and programs for new Americans (page 87)! And of course there's full range of classes to pique everyone's interests (page 39).

## Recreation - Join the Fun!



## Register from the comfort of your own home or wherever you have an internet connection!

*No need to walk in or mail in your registration form. Your registration is complete with only a few mouse clicks using RecWeb Internet Registration!*

You must have an account with us before you register via RecWeb. For more information about RecWeb, visit our website at [www.montgomerycountymd.gov/rec](http://www.montgomerycountymd.gov/rec) and select *Registration*.



*For those who prefer to register on the phone, we still offer STARLine, our automated touchtone phone registration system. Visit our website for complete information about using STARLine.*

## Have more questions about how to register?

***Call us at 240-777-6840 and we'll be glad to answer any questions you might have.***

*All registrations and debts owed on your account must be paid for in full when you register via RecWeb or STARline.*

## Registering by Fax? We've centralized!

**At the Montgomery County Recreation Department customer service is one of our highest priorities.**

In order to improve our customer service, starting May 1st, we will accept faxed registrations at one central number. Our registration Fax number is 240-777-6818.

Why are we changing our process for faxed registrations?  
For two reasons:

- To more securely protect your personal information
- To provide you more efficient service in processing your registrations

Montgomery County Recreation values your continued patronage and wants to provide you the best and safest customer service possible.

## Registration

### Fax Line:

**240-777-6818,  
use it today!**





Montgomery County

Join **The First Tee**, Montgomery County this summer for fun in the sun while learning how to play golf! **The First Tee**, Montgomery County uses golf as platform to teach young people how to be successful on and off the course. Focusing on youth who would not typically have access to the game and its opportunities, **The First Tee** helps its golfers learn how to use Respect, Perseverance, Honesty, Integrity, Courtesy, Responsibility, Sportsmanship, Confidence and Judgment in school, with adults and with their friends.

**The First Tee** offers instruction at Needwood, Laytonsville and Sligo Creek Public Courses as well as an all-girls program at Olney Golf Park. All youth ages 8-17 years old are welcome.

For more information, please log on to [www.thefirstteemcmd.org](http://www.thefirstteemcmd.org) or call 240.447.4646.



## Access Cards are now required for all Recreation activities!

### ***What is an Access Card?***

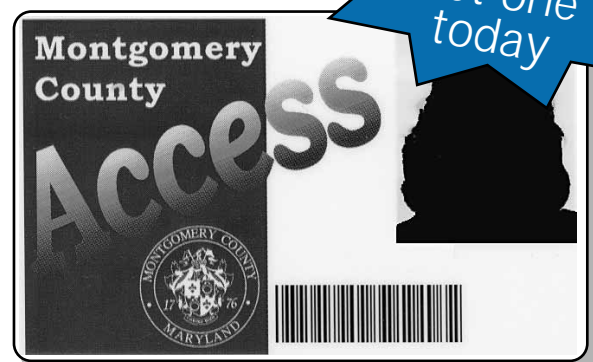
It is a participant card which is scanned upon entrance to any Recreation facility. The Access Card is free, and allows you access to Recreation facilities to attend those classes or activities for which you've registered.

### ***One card does it all!***

No more cluttering up your wallet with separate Recreation cards for pool passes, exercise room memberships, or gym use memberships. Now all your membership information is combined on one Access Card! No more waiting in line to put your name on a community center sign in sheet – just scan your Access Card and you're ready to go!

You can sign up for your free Access Card at any Recreation pool, community center, or senior center. It takes only a few minutes – go to any Recreation facility, get your picture taken, and your photo membership card is printed on the spot. That's all it takes!

**For more information call 240-777-6820 or go to [www.montgomerycountymd.gov/rec](http://www.montgomerycountymd.gov/rec)**



**FREE  
Get one  
today**



## Summer Programs 2007

To register or request a brochure, call 301.585.1225.  
See complete program details at [www.roundhousetheatre.org](http://www.roundhousetheatre.org).

These classes are offered by Round House Theatre, a not-for-profit 501(c)(3) corporation.

### FOR GRADES K — 4

#### Summer Destinations

**Session Dates:** 9 one-week sessions  
June 18 — August 17

**Location:** Round House Theatre Education Center

**Tuition:** \$210 per one-week session  
(\$180 for Session 3, week of July 4)

Every day students will travel to a new destination — from the Jolly Roger to Mount Olympus to Mars — create the world through visual arts, and then inhabit it through creative dramatics. Students will learn the building blocks of art and acting as well as fun facts about each destination.

### FOR GRADES 5 — 7

#### Improvisation

**Session 1:** June 18 — June 29

**Session 2:** July 23 — August 3

**Location:** Round House Theatre Silver Spring

**Tuition:** \$425

Spontaneity. Characterization. Narrative skills. This class teaches students the basics of improvisational acting. Working with professional teaching artists, students will learn to create characters and tell their stories in a blink of an eye.

#### Improv Break

**Session 1:** July 2 — July 6 (no class July 4)

**Session 2:** August 13 — August 17

**Location:** Round House Theatre Silver Spring

**Tuition:** \$180 — Session 1, \$210 — Session 2

This class allows students a burst of creative energy as they free their imaginations and work on creative collaboration. An intensive, condensed version of the two-week **Improvisation** session.

#### Theatre Adventures: Swordplay and Sunken Treasure

**Session Dates:** July 9 — July 20

**Location:** Round House Theatre Silver Spring

**Tuition:** \$425

Take to the stage for the voyage of the summer, a theatrical adventure that will include stage combat, physical comedy, improvisational acting, and monologue and scene study.

#### Theatre Adventures: Myth and Magic

**Session Dates:** August 6 — August 10

**Location:** Round House Theatre Silver Spring

**Tuition:** \$210

Hogwarts. Narnia. Mount Olympus. Wonderland. In this class, students will bring stories from popular tales of magic and wonderment to life through theatre games and activities, eventually creating and performing original plays.

### FOR GRADES 5 — 8

#### Time Travels Through Theatre

**Session Dates:** July 9 — July 20

**Location:** Loiederman Middle School

**Tuition:** \$425

Travel through time and around the globe in this exciting, highly imaginative class. Students will experiment with different performance styles and acting approaches, working toward creating and performing original plays.

#### Acting for the Stage

**Session Dates:** July 23 — August 3

**Location:** Loiederman Middle School

**Tuition:** \$425

Through theatre games and exercises and monologue and scene study, young actors will work on creating fully realized characters and clearly communicating their actions and intentions from the front of the stage to the back of the house.

### FOR GRADES 8 — 12

#### Actor's Lab

**Session Dates:** June 25 — June 29

**Location:** Round House Theatre Bethesda

**Tuition:** \$250

Participants will workshop a scene with different professional directors Monday through Thursday, exposing the teens to diverse acting approaches and directing styles. On Friday, participants review the techniques learned during the week and rehearse final versions of their scenes to perform at the day's end.

#### Musical Theatre Performance

**Session Dates:** July 9 — July 27

**Location:** Round House Theatre Bethesda

**Tuition:** \$475

This comprehensive three-week session will provide students with the training and practical rehearsal experience necessary to perform scenes and songs from classic and contemporary musicals. During the morning students will cycle through lessons in acting, singing, and dance, and in the afternoon they will apply learned skills and techniques in rehearsal for a musical theatre showcase.

### FOR ADULTS (17 yrs +)

#### Actor's Craft

**Session Dates:** Tuesdays and Thursdays  
July 10 — August 9

**Location:** Round House Theatre Education Center

**Tuition:** \$300

Under the guidance, experience, and expertise of our faculty, participants will learn a vocabulary and skill set for creating and performing fully-realized characters through improvisation and monologue and scene study.

Before and After Care is available for elementary and middle school programs. Care is offered on-site, conducted by Round House faculty, and can be purchased for a day or week at a time. For more details visit [www.roundhousetheatre.org](http://www.roundhousetheatre.org) or call 301.585.1225.

**Early Bird discount of \$25 available if registering in full before March 1, 2007.**

Discounts available when registering for multiple classes within a grade level. For more details visit [www.roundhousetheatre.org](http://www.roundhousetheatre.org) or call 301.585.1225.



# Now Open!

Montgomery County's newest sports facility and the first concrete bowl park.

## OLNEY MANOR

### Skate Park

From the Hubba Ledge and Handrail to the Fun Box with Flat Rail, Pyramid Ledge, quarter pipes, banks, manual pad and the 10-foot-deep bowl, the 15,000-square-foot Olney Skate Park is the very latest in skateboarding design and open to skaters of all ages and skill levels. Look for special days for kids aged 6-9, or rent the park for your special event.

#### Skate Park Hours, Fees and Info

Located at Olney Manor Regional Park, 16605 Georgia Avenue, in Olney, is closed on all major holidays and days of inclement weather.

##### March to Mid-June

Mondays, Tuesdays, Thursdays, Fridays	3:00pm-dark
Wednesdays	1:00am-dark
Saturdays and Sundays	Noon-dark
Saturday Private Events	9:00am-noon

##### Mid-June to Labor Day

Daily and Sundays	Noon-8:00pm
Saturday Private Events	9:00am-noon

##### Entrance Fees

\$5 Per Person, County Resident
\$7 Per Person, Non-Resident
\$50 for 12-Visit Pass
\$75 for Annual Pass

##### Daily Equipment Rental Fees

Knee Pads, \$1
Elbow Pads, \$1
Helmet, \$2

Mid-Atlantic Skateboard Series  
is on Saturday July 28.



Weatherline, Additional Information  
**240-777-4979**

# The Sports Page

## Earn your stripes

Participate in the Jr. Olympic Skills Competition presented by Kellogg's Frosted Flakes. This FREE event is for ages 8-13 and will be June 16th at the South Germantown Recreational Park. Information will be on the MCRD Sports page [www.montgomery-countymd.gov/rec](http://www.montgomery-countymd.gov/rec).

Youngsters can participate in all four events or pick the ones they want to compete in.



**BASKETBALL** Challenges participants to score as many points as possible by making baskets from designated shooting areas and the free throw line in 45 seconds.

**SOCCER** Tests participant's ability to dribble, shoot and score in the fastest time possible.

**RAPID RALLY TENNIS** Challenges youngsters to serve and continue to his a low compression tennis ball against the wall as many times as possible in 30 seconds.

**TRACK & FIELD** Tests youngsters in two fundamental skill events: The Sprint (50-meter dash), and the Jump (standing broad jump). Participants compete in both events to receive the highest cumulative point score.

2007 National Finals at the United States Olympic Training Center.

HOST: Montgomery County Department of Recreation Sports Team.

CONTACT INFO: 240-777-6961



## Preview of Upcoming Recreational Youth Sports Fall Starting Lineup

- Softball-Fast-pitch for girls, grades 7-8
- Softball-Slow-pitch for girls, grades 3-12
- Field Hockey-League play for girls, grades 4-9

*Registration begins in September. League play begins in early October.*

## Youth Sports Info Box

MCRD's Fall sports program has something for boys and girls. Fliers are distributed quarterly through county schools. DO NOT use the registration form in this publication for these.

- **Flag Football:** A 7-game season for youth grades 2-8. Practices begin September with games expected to begin early in October.

Contact: Clarence Thomas, 240-777-6961

- **Basketball:** Youth Sunday leagues for grades 5 -8 play a 6-game season. Separate leagues for boys and girls. Games will start the first weekend in October

Contact: John Jennings, 240-777-6961

- **Slow-Pitch Softball:** A 6-game Sunday season for girls' grade 3-8. Teams schedule their own practice times . Games will begin on or after September 16th.

Contact: Charlie Minear, 240-777-6961

- **Fast-Pitch Softball:** Sunday afternoon league for girls grades 7-8. Practices begin early September with games expected to start towards the middle of the month.

Contact: Charlie Minear, 240-777-6961

- **Field Hockey:** For girls grades 4-9, this eight game season starts September 22nd. Enrollment for pre-formed teams or individuals is open until filled. Teams for grades 4-5, 6-7 and 8-9 ,for beginners to intermediate levels.

Contact: Angie Walker, 240-777-6961

### Officials Needed . . .

MCRD is seeking game officials for youth sports leagues, including baseball and softball programs for grades 2-9. Training is available and salary is commensurate with officiating experience and education. Call 240-777-6961.

### Seeking Coaches . . .

Volunteer coaches are badly needed for baseball, T-ball and softball. The National Youth Sports Coaches' Association certified training will prepare you and can be conducted online. Must be at least age 16. Call Corky McCorkle at 240-777-6961.



# Rising Star Program is a real Winner!



## Preview of Upcoming Competitive Sports

### Fall Starting Lineup

- Soccer-Men's, women's, co-rec
- Softball-Men's, women's, co-rec, seniors
- Volleyball-Men's, women's, co-rec
- Flag Football-Co-rec
- Touch Football-Men's

Registration begins in July. League play begins in end of August/September.

*The Rising Star basketball program is expanding this summer to meet the demand for younger players by creating a new and exciting league for boys and girls entering the fifth grade.*



The summer league begins the second week of June and plays 10 regular season games, with completion around the third week of July. Teams will play twice a week in the evenings (normally Wednesdays and Fridays). The majority of games will be played at Kingsview Middle School in Germantown.

Fourth-graders will be allowed to "play up" in the fifth-graders' league; third-graders and younger will not be allowed to participate.

In recent years, the Rising Star League, which is for boys' and girls' leagues sixth- to eighth-graders, has included large numbers of fifth-graders "playing up."

But when about 20 teams of younger players comprised the Rising Star program this past winter, the decision for creating their own league was easy.

"We have had multiple inquiries in the past about expanding the Rising Star League and we are now excited to include the fifth-graders in their own division," said Brad Roos, MCRD recreation specialist for basketball. "We feel that it will add positively to the current league structure that is being offered."

Rising Star basketball was added as an enhancement to the county's youth basketball program in 1995 and has grown to as many as 240 teams in the winter and 80 teams in the summer. Rising Star was created for players with similar abilities to compete with and against each other with the idea of increased competition leading to increased development.

Registration for the Rising Star summer leagues began in mid-April and ends May 18. The cost of the program is \$765 for county teams and \$835 for non-county teams. There is no limit to the number of teams allowed. Individual awards are given to the team with the best regular league record.

For more information, contact Brad Roos at 240-777-6961.

## Adult Sports Info Box

MCRD has a variety of team Summer sports that include men, women, co-rec and seniors. Registration is by teams only with information and forms available about two months before the season begins. To register, contact the Sports team or go to [www.montgomerycountymd.gov/rec](http://www.montgomerycountymd.gov/rec) to obtain current information, brochures and download a registration form. Do not use the registration form in this publication.

- Softball: Mens and Co-Rec double header league. 5 weeks or 10 games. Starts in July.

Contact: Pat Sullivan, 240 777-6961

- Fastpitch: Girls High School league. 10 game season. Starts end of June (2 games a week).

Contact: Andy Fish, 240 777-6961

- Basketball: High School, Grades 9 through 12, J.V. and Varsity leagues. 10 game season. Starts in late May and ends in early July. Contact: Brad Roos, 240 777-6961

- Basketball: Rising Star, Grades 5 through 8 league. 10 game season. Starts in late May and ends in early July.

Contact: Brad Roos, 240 777-6961

- Soccer: Men's, women's and co-rec play eight-game seasons beginning September 8/9. Registration ends August 10.

Contact: Brad Roos, 240-777-6961

## Standings, Schedule and Weatherline Info

Forgot where your team plays tonight? Want to know where your team is in the standings? Do you want to know when your makeup game is scheduled?

All the information is available on the Recreation Department's website at [www.montgomerycountymd.gov/rec](http://www.montgomerycountymd.gov/rec). Information is updated several times a week, so you'll have the latest information available.

For inclement weather updates at a regional park such as Wheaton, Cabin John or Olney, please call that park's weatherline for the latest information.

For local park such as Layhill, Capitalview/Homewood or Norwood, call the MCRD weatherline at 240-777-6889.

On weekdays, the weatherlines are updated by 3:30pm. Sometimes an additional update will follow in case of a late storm or further field spotting.

On weekends, the weatherlines are updated by 7:30am.





### One-on-One Basketball Clinic

**Ages 9-16:** Each weekly clinic will highlight a new skill or fundamental technique along with continued development of all other skills and techniques through fun drills and instruction. Includes instruction in ball handling, fast break situations, passing, shooting, dribbling, rebounding, individual moves and fun skill enhancing drills. Participants should wear non-marking sneakers or tennis shoes.

Instructor: Inc One on One Basketball  
**Seneca Valley High School**  
 12700 Middlebrook Road  
 Germantown, MD 20874

176362	6/18-6/22	3:00pm-5:00pm	\$103
176363	6/25-6/29	3:00pm-5:00pm	\$103
176364	7/2-7/6	3:00pm-5:00pm	\$83
176365	7/9-7/13	3:00pm-5:00pm	\$103

**White Oak Middle School**  
 12201 New Hampshire Avenue  
 Silver Spring, MD 20904

176358	7/16-7/20	3:30pm-5:30pm	\$103
176359	7/23-7/27	3:30pm-5:30pm	\$103
176360	7/30-8/3	3:30pm-5:30pm	\$103
176361	8/6-8/10	3:30pm-5:30pm	\$103

### MD Sports Summer Basketball Camp

**Ages 6-16:** Campers will be put on teams according to their age and skill level, and receive a T-shirt, evaluation report and workout program to continue after the camp. Games played daily. Skills emphasized: shooting, ball handling, 1 on 1 moves, post moves, using and setting screens, pick and roll play, and team concepts. Bring your own nonperishable lunch and drinks.

Instructor: Jazz Perazic's MD Sports  
**Bethesda-Chevy Chase HS**  
 4301 East West Highway  
 Bethesda, MD 20814

176108	6/18-6/22	9:00am-4:00pm	\$240
176109	6/25-6/29	9:00am-4:00pm	\$240
176110	7/2-7/6	9:00am-4:00pm	\$195
176111	7/9-7/13	9:00am-4:00pm	\$240
176112	7/16-7/20	9:00am-4:00pm	\$240
176113	7/23-7/27	9:00am-4:00pm	\$240

### MD Sports All Star Skills Clinic

**Ages 8-17:** Learn the correct basketball fundamental techniques, brush up on your skills, learn new moves and improve your footwork for a great jump shot. Learn how to improve agility, explosiveness, first step quickness and jumping ability. Team defensive concepts will be covered.

Instructor: Jazz Perazic's MD Sports  
**Bethesda-Chevy Chase HS**  
 4301 East West Highway  
 Bethesda, MD 20814

176263	6/18-6/21	5:00pm-7:00pm	\$110
176264	6/25-6/28	5:00pm-7:00pm	\$110

### MD Sports Pro Star Sports Camp

**Ages 6-16:** This new MD Sports summer camp program is creative and fun. Participants will learn and play a variety of sports, including basketball and tennis at both locations. Participation at Ridgeview will include soccer and Participation at Tilden will include Lacrosse. Participants learn new skills; improve agility, hand to eye coordination and overall athletic ability.

Instructor: Jazz Perazic's MD Sports  
**Ridgeview Middle School**  
 16600 Raven Rock Drive  
 Gaithersburg, MD 20878

176151	6/18-6/22	9:00am-4:00pm	\$240
176152	6/25-6/29	9:00am-4:00pm	\$240

**North Bethesda Middle School**  
 8935 Broadmoor Drive  
 Bethesda, MD 20817

176267	6/18-6/22	9:00am-4:00pm	\$240
176268	6/25-6/29	9:00am-4:00pm	\$240
176269	7/2-7/6	9:00am-4:00pm	\$195
176270	7/9-7/13	9:00am-4:00pm	\$240
176271	7/16-7/20	9:00am-4:00pm	\$240
176272	7/23-7/27	9:00am-4:00pm	\$240

### MD Sports Field Hockey Camp

**Ages 8-14 (girls):** Participants required to have their own stick, mouth piece and shin guards. Groups will be divided by ages and skill level. Morning session will include individual stick work, fundamentals of dribbling, passing and shooting. Afternoon will include games and team strategies.

Instructor: Jazz Perazic's MD Sports  
**Bethesda-Chevy Chase HS**  
 4301 East West Highway  
 Bethesda, MD 20814

176265	6/18-6/22	9:00am-4:00pm	\$240
176266	6/25-6/29	9:00am-4:00pm	\$240

### Baseball Camps by Bases Loaded

**Ages 6-13:** What a summer opportunity for young players to work on skills such as hitting, pitching, fielding, base running and much more! Combine trained staff with cutting-edge equipment and the use of innovative drills, stations, games each day and you get the perfect formula for success. Players receive a camp T-shirt and should bring their own glove, bag lunch, and water cooler.

Instructor: Duane Rhine  
**Bauer Drive Community Center**  
 14625 Bauer Drive  
 Rockville, MD 20850

**South Germantown Recreational Park**  
 14501 Shaeffer Road  
 Germantown, MD

176465	7/23-7/26	9:00am-1:00pm	\$152
176464	6/25-6/28	9:00am-1:00pm	\$152



### Football Clinic

**Ages 7-14:** Coaches use a variety of defensive and offensive drills to introduce and expand on the basics of tackle football. Participants concentrate on improving fundamentals including blocking, tackling and offensive skills.

Participants should bring water in an unbreakable container, and wear comfortable clothes appropriate for the weather (cleats are recommended but are not required; mouthpiece is optional).

Instructor: Bob Windsor

**White Oak Middle School**  
 12201 New Hampshire Avenue  
 Silver Spring, MD 20904

176466	7/16-7/20	8:30am-3:30pm	\$201
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### Lacrosse Camp by Global Kids

**Ages 7-10:** A boy's and girl's lacrosse program that will focus on individual instruction to improve a player's skill and team/group instruction to implement those skills in a game situation. Campers will play scrimmages daily. Geared to the beginner and intermediate skill levels. Participants will be divided into groups based on their age/skill level as well as experience. ALL CAMPERS must provide their own stick, mouth guard, and goggles (mandatory).

Instructor: Monika Utrecht  
**Matsunaga Elementary School**  
 13902 Broomfield Road  
 Germantown, MD 20874

176616	6/18-6/22	9:00am-3:00pm	\$195
176617	6/25-6/29	9:00am-3:00pm	\$195
176618	7/2-7/6	9:00am-3:00pm	\$156
176619	7/9-7/13	9:00am-3:00pm	\$195
176620	7/16-7/20	9:00am-3:00pm	\$195

**North Bethesda Middle School**  
 8935 Bradmoor Street  
 Bethesda, MD 20817

176621	6/18-6/22	9:00am-3:00pm	\$195
176622	6/25-6/29	9:00am-3:00pm	\$195
176623	7/2-7/6	9:00am-3:00pm	\$156
176625	7/9-7/13	9:00am-3:00pm	\$195
176628	7/16-7/20	9:00am-3:00pm	\$195

### MVP Soccer Camps

**Ages 6-14:** The camp is designed and directed by licensed professional coaches with years of successful coaching and playing experience. Participants are grouped by age and ability and have the opportunity to win prizes for individual and group achievement. Bring a ball, shin-guards, water, cleats and lunch.

Instructor: Spectrum Associates Inc

#### Farmland Elementary School

7000 Old Gate Road  
Rockville, MD

176146 6/18-6/22 9:00am-3:00pm \$230

176149 7/30-8/3 9:00am-3:00pm \$230

#### Northwest High School

13501 Richter Farm Road  
Germantown, MD 20874

176147 6/25-6/29 9:00am-3:00pm \$230

#### White Oak Middle School

12201 New Hampshire Avenue  
Silver Spring, MD 20904

176148 7/16-7/20 9:00am-3:00pm \$230



### MVP Soccer Camp for Girls

**Ages 6-16:** This camp is staffed primarily by female coaches who have played on the college, national, and international level. Players get the opportunity to interact and learn from women who are shaping the future of soccer for the American girl. Players also get a chance to view championship medals and talk with college level, and professional players. Bring a ball, shin-guards, water, cleats and Lunch.

Instructor: Spectrum Associates Inc

#### Luxmanor Local Park

6201 Tilden Lane  
Potomac, MD

176273 7/9-7/13 9:00am-3:00pm \$230

### UK Elite Soccer Half-Day Clinic

Welcome to a fun environment which stimulates learning, developing, practicing and polishing soccer skills. UK Elite Soccer's international STEPS2Success' curriculum provides children with age specific training based on the use of maximum activity and highly stimulating practices and games.

Each day begins with the move of the day and ends with a mini-World Cup tournament! The focus is creating a fun learning environment in which children learn and improve their skills. Instruction is provided by professional British coaches and teachers. All participants receive a t shirt, a Rebok soccer ball and an evaluation by a trainer.

Instructor: U.K.Elite Soccer

#### Ages 5-6

##### Wood Acres Elementary School

5800 Cromwell Drive  
Bethesda, MD 20816

176409 6/25-6/29 9:00am-12:00pm \$175

176413 7/9-7/13 9:00am-12:00pm \$175

##### Flower Hill Elementary School

18425 Flower Hill Way  
Gaithersburg, MD 20879

176420 6/25-6/29 9:00am-12:00pm \$175

##### Greenwood Elementary School

3336 Gold Mine Road  
Brookeville, MD 20833

176416 8/6-8/10 9:00am-12:00pm \$175

##### Gwendolyn Coffield Community Center

2450 Lyttons ville Road  
Silver Spring, MD 20910

176417 8/20-8/24 9:00am-12:00pm \$175

##### Wood Acres Middle School

5800 Cromwell Drive  
Bethesda, MD 20816

176431 7/30-8/3 9:00am-12:00pm \$175

#### Ages 7-10

##### Wood Acres Elementary School

5800 Cromwell Drive  
Bethesda, MD 20816

176421 6/25-6/29 9:00am-12:00pm \$175

176423 7/9-7/13 9:00am-12:00pm \$175

##### Flower Hill Elementary School

18425 Flower Hill Way  
Gaithersburg, MD 20879

176422 6/25-6/29 9:00am-12:00pm \$175

##### Greenwood Elementary School

3336 Gold Mine Road  
Brookeville, MD 20833

176424 8/6-8/10 9:00am-12:00pm \$175



#### Gwendolyn Coffield Community Center

2450 Lyttons ville Road  
Silver Spring, MD 20910

176425 8/20-8/24 9:00am-12:00pm \$175

##### Wood Acres Middle School

5800 Cromwell Drive  
Bethesda, MD 20816

176432 7/30-8/3 9:00am-12:00pm \$175

#### Ages 11-14

##### Burning Tree Elementary School

7900 Beach Tree Road  
Bethesda, MD 20817

176426 6/25-6/29 9:00am-12:00pm \$175

176430 7/9-7/13 9:00am-12:00pm \$175

##### Flower Hill Elementary School

18425 Flower Hill Way  
Gaithersburg, MD 20879

176427 6/25-6/29 9:00am-12:00pm \$175

##### Greenwood Elementary School

3336 Gold Mine Road  
Brookeville, MD 20833

176428 8/6-8/10 9:00am-12:00pm \$175

##### Gwendolyn Coffield Community Center

2450 Lyttons ville Road  
Silver Spring, MD 20910

176429 8/20-8/24 9:00am-12:00pm \$175

##### Wood Acres Middle School

5800 Cromwell Drive  
Bethesda, MD 20816

176433 7/30-8/3 9:00am-12:00pm \$175

Soccer for 3-5 year olds is listed on page ???.

## What do you have to say?

Your opinion is important to us. We are genuinely interested in your experiences and appreciate your participation in our programs. Please take a few minutes to complete our customer survey and share your ideas.

This survey is available at  
[montgomerycountymd.gov/content/rec/survey.asp](http://montgomerycountymd.gov/content/rec/survey.asp).

Your comments help us to improve our services.



# TEEN S

In Charge

## Yeah, It's Summertime Summer Teen Centers

**Ages 13-16:** The Teen Center is a drop-in recreation program for youth ages 13-16. The center features sports, art projects, games, special events, music, and off-site adventures such as canoeing, swimming and/or amusement parks (off-site activities will have an additional fee).

The department also offers a Therapeutic Recreation Teen Center (see page 89).



### Kingsview Middle School

176213	7/2-7/6	9:00am-3:30pm	\$45
176214	7/9-7/13	9:00am-3:30pm	\$50
176215	7/16-7/20	9:00am-3:30pm	\$50
176216	7/23-7/27	9:00am-3:30pm	\$50

### John Poole Middle School

176209	7/2-7/6	9:00am-3:30pm	\$45
176210	7/9-7/13	9:00am-3:30pm	\$50
176211	7/16-7/20	9:00am-3:30pm	\$50
176212	7/23-7/27	9:00am-3:30pm	\$50

### Wheaton High School

176220	7/2-7/6	9:00am-3:30pm	\$45
176224	7/2-7/6	12:30pm-3:30pm	\$25
176221	7/9-7/13	9:00am-3:30pm	\$50
176225	7/9-7/13	12:30pm-3:30pm	\$30
176222	7/16-7/20	9:00am-3:30pm	\$50
176226	7/16-7/20	12:30pm-3:30pm	\$30
176223	7/23-7/27	9:00am-3:30pm	\$50
176227	7/23-7/27	12:30pm-3:30pm	\$30

*What could be more fun than summer vacation? Summer Teen Centers, where fun, excitement and comraderie abound. Don't be left out; register now!*

## Under-21 County-wide Pool Parties



Exciting events are being planned for the summer! Come join the fun at one or all of our annual summer pool parties. All Montgomery County Middle and High school teens are welcome to come cool off during the hot summer months. For just \$3.00, teens can swim, play games, and listen to a deejay play their favorite music. School ID is required for admission. For more information, please call the Teen Team office.

**Friday, July 6, 8:30-11pm** Wheaton/Glenmont Pool  
12621 Dalewood Drive, Wheaton

**Friday, July 13, 8:30-11pm** Germantown Pool  
18905 Kingsview Road, Germantown,

**Friday, July 20, 8:30-11pm** ML King Outdoor Pool  
1201 Jackson Road, Silver Spring

**Friday, July 27, 8:30-11pm** Western County Pool  
20151 Fisher Avenue, Poolesville



## Hanging Out with Friends Summer Teen Travel Club

### Ages 11-16

Have fun in the sun at Rehobeth Beach! Challenge yourself on a ropes course. Enjoy Six Flags and Kings Dominion. Go tubing or white water rafting. Visit Cascade Lake and go to local water parks. The program begins at 8:30am each morning. Participants will return to their bus stops at 5:00pm every night, but Thursday. Students will return to their stops at 8:30pm on Thursday.



Week 1	East County Community Center			
	175847	7/2-7/6	8:30am-5:00pm	\$210
	Long Branch Community Center			
	175848	7/2-7/6	8:30am-5:00pm	\$210
Week 2	Germantown Community Center			
	175849	7/9-7/13	8:30am-5:00pm	\$260
	Tilden Middle School			
	175850	7/9-7/13	8:30am-5:00pm	\$260
Week 3	Olney Manor Recreational Park			
	175851	7/16-7/20	8:30am-5:00pm	\$260
	Sligo Middle School			
	175852	7/16-7/20	8:30am-5:00pm	\$260
Week 4	Potomac Community Center			
	175854	7/23-7/27	8:30am-5:00pm	\$260
	Wood Middle School			
	175853	7/23-7/27	8:30am-5:00pm	\$260



### County-wide Special Events

## Teen Summer Concert Series

Enjoy the great music of the local teen bands.

Thursdays, July 5, July 12,  
July 19 and July 26 at 7:00pm

### Aspen Hill Community Library

4407 Aspen Hill Road, Rockville, Maryland

Cosponsored by the Montgomery County Public Libraries, Montgomery County Police, Youth Advisory Committee and Montgomery County Department of Recreation



## Blair Sports Academy: Summertime

### Are you a Blair Student?

### Will you be attending Blair in the fall?

We have a program for you! The fun of the Blair Sports Academy continues through the summer. For details, contact José Segura at 240-777-6916.



## Click for more fun!

[montgomerycountymd.gov/rec](http://montgomerycountymd.gov/rec)

Go to Programs, then Teens

More info on how you can be part of these exciting activities. The latest news about upcoming activities. Registration forms, surveys, and more!

Or call the Teen Team at 240-777-6985.

## Volunteer Corner

### Teens in Charge, Volunteer!

Earn those Student Service Learning Hours. MCRD is looking for teen volunteers 14 and older to make a difference in our county.

### Youth Advisory Committee

Do you have great ideas for programs or after school activities? Not sure who to talk to or how to turn your ideas into reality? We have the answer – the YOUTH ADVISORY COMMITTEE. And your voice will be heard! The Blair and Wheaton Sports Academies are a direct result of YAC recommendations to the County Executive. Applications for Fall 07 are being accepted now.

# SENIORS - 55 AND



## Visit a Senior Center, a Neighborhood Senior Program, and/or take a SOAR Trip with us this Summer.

Welcome to Senior Programs where you can find an exciting menu of programs, special events, trips, classes and opportunities for growth and life enhancement. Let doors open to a variety of experiences and friendships. Each program is unique.

### Senior Centers

**Damascus Senior Center \* +**  
(M-F, 9:00am-4:00pm)  
9701 Main Street, Damascus  
240-777-6995

**Gaithersburg Upcounty Senior Center \* +**  
(M-F, 9:30am-4:00pm, Tu, 9:00am-8:00pm)  
80A Bureau Drive, Gaithersburg  
301-258-6380

Sponsored by the City of Gaithersburg with support from Montgomery County.

**Holiday Park Senior Center \* +**  
(M-F, 9:00am-4:00pm)  
3950 Ferrara Drive, Wheaton  
240-777-9999

**Long Branch Senior Center \* +**  
(M-F, 10:00am-2:00pm)  
Long Branch Community Center  
8700 Piney Branch Road, Silver Spring  
301-431-5708

**Margaret Schweinhaut Senior Center \* +**  
(M-F, 9:00am-4:00pm, Sat, 10:00am-3:00pm)  
1000 Forest Glen Road, Silver Spring  
301-681-1255

### Neighborhood Senior Programs

If no phone number is listed, call the Senior Programs office at 240-777-4925.

**Clara Barton Seniors (W 10:00am-2:00pm)**  
Clara Barton Community Center,  
7425 MacArthur Boulevard, Cabin John

**Bauer Drive Seniors + (M 10:00am-2:00pm)**  
Bauer Drive Community Center,  
14625 Bauer Drive, Rockville

**Ross Boddy Seniors \* + (W, Th, 9:30am-2:00pm)**  
Ross Boddy Community Center,  
18529 Brooke Road, Sandy Spring

**Clarksburg Seniors (W 10:00am-2:00pm)**  
Clarksburg Recreation Center,  
Route 355 at 22501 Wims Road,  
Clarksburg

**Coffield Seniors (W, Th, 10:00am-2:00pm)**  
Coffield Community Center,  
2450 Lyttonsville Road, Silver Spring  
240-777-4900

Wednesday Program is a partnership of the Jewish Community Center and the Department of Recreation. Lunch available for Wednesday program only, call 301-230-3751 for reservations.

**East County Seniors \* +**  
(Tu, F, 10:00am-2:00pm)  
East County Community Center,  
3310 Gateshead Manor Way, Silver Spring  
301-572-7004

**Fairland Seniors\* + (Th 10:00am-2:00pm)**  
Fairland Community Recreation Center,  
14906 Old Columbia Pike, Burtonsville  
240-777-4970

**Germantown Seniors \* +**  
(M, Th, 10:00am-2:00pm)  
Germantown Community Center,  
18905 Kingsview Road, Germantown  
301-601-1685

**Evergreen Senior Program**  
(Tu, W, F, 9:00am-4:00pm)  
Germantown Community Center  
301-601-1685

A partnership of the Chinese Culture and Community Service Center, Inc. and the Department of Recreation.

**Leland Seniors (call for information)**  
Leland Community Center,  
4301 Willow Lane, Chevy Chase  
301-652-2249

**Longwood Seniors + (M 10:00am-2:00pm)**  
Longwood Community Center,  
19300 Georgia Avenue, Brookeville

**Owens Park Seniors + (W, 10:00am-2:00pm)**  
Owens Park Recreation Center  
19900 Beallsville Road, Beallsville  
301-428-8127

**Potomac Seniors + (Tu 10:00am-2:00pm)**  
Potomac Community Center,  
11315 Falls Road, Potomac

**Waverly House Seniors \* (Th 10:00am-2:00pm)**  
Waverly House Apartments  
4521 East West Highway, Bethesda

\* Nutrition lunch program available  
+ Limited transportation available

## Seniors Today!

Watch *Seniors Today*, a program for and about seniors produced by the Commission on Aging.

Tune in to Cable Montgomery Channel 6  
Sundays 3:30pm,  
Mondays 9:30am,  
Tuesdays 1:30pm,  
Wednesdays 8:30pm,  
Thursdays 12:30pm,  
Fridays 7:30pm, or  
Saturdays 11:30am.

# FORWARD THINKING

## Special Activities and Events

### Neighborhood Senior Programs

See page 90 for address or call 240-777-4925 for more information.

**Potomac Seniors** Tuesday, June 12, 12:30pm, Ed Starr's Senior Theater Production of a one man show "Groucho Marx."

**Germantown Seniors** There's a new look! New class offerings:

- Quilting with Lynn, Thursdays at 1:00pm
- Ballroom Dance for Couples, Mondays at 2pm
- Bone Builders Class, Monday and Thursday, 11:00-11:45am. Doctor's permission required
- "Groucho Marx" Senior Theater Thursday, June 14, 12:30pm
- Tea Dance, Monday, July 23, 2:00-4:00pm. Couples Ballroom Dance Group. Instruction and dancing. \$4 per couple, pre-registration.

**Waverly House Seniors** Wednesday, July 19, 12:30pm. Annual Indoor Beach Party. Refreshments and beach music by the 2nd Story Band.

**Bauer Seniors** Monday, June 18, 12:30pm. Relive the music of the 1940's with an interactive program from Maureen Ribble.

### Holiday Park Senior Center

**Affairs Of The Heart** Wednesday, May 23, 1:00-6:00pm. See page 84 for information.

**Meet the Performing Artists Series** with an Array of Washington Artists, all at 1:30pm.

- **Oboe Recital by Jamie Schneider** Monday, June 4, University of Maryland Music School.
- **Singer/Songwriter LEA** Wednesday, June 6. Resident Artist, Strathmore Center.
- **BSO at Strathmore** Monday, June 11. BSO violinist Ivan Stefanovic.
- **Washington Balalaika Society** Thursday, June 14. Russian folk music.
- **Vocalist Lisa Shaw** Monday, June 18. Faculty and Director of Adult Programs, Levine School of Music.
- **Conductor Jeremy Swerling** – Wednesday, June 20. Danville Symphony Orchestra. What influence does a conductor have on the music of the musicians?
- **The Jane Franklin Dance Company** Monday, June 25. Celebrate movement and dance.
- **Matt Carvin, Community Music Outreach** Wednesday, June 27. A music outreach program affiliated with the Peabody Conservatory.

**Comedy In Music** A Three Part Series by the Music Maestro, Irv Chamberlin. Monday July 2, 1:15pm, Friday July 6, 1:15pm. Monday July 9, 1:15pm.



### Damascus Senior Center

**Lifeline Screening Lecture** Thursday May 10, 1:00pm. Danielle Dovlin will give a free lecture on the benefits of Lifeline Screening Tests.

**Read Aloud Day** at Woodfield Elementary School Friday May 11, 10:00am. Annual visit to read to the children.

**The Hey Day Players** Tuesday May 15, This Senior Dancing Group is sponsored by the Round House Theatre. Free.

**Garden Party Luncheon** Wednesday May 16, 12:00pm. Meal cooked by Chef Sue \$5.00 donation requested.

**Clearspring Elementary School Chorus** Friday May 18, 1:00pm The Chorus will entertain the seniors as they celebrate birthdays. Free

**Summer Luncheon Party** Friday June 15, 12:00pm. Meal cooked by Chef Sue \$5.00 donation requested.

**First Fruits Gospel Band** Friday June 15, 1:00pm This group entertains after the Cookout. Free.

**Ice Cream Social** Tuesday June 19, 1:00pm DSCSI will sponsor this Ice Cream Social. Ice Cream provided by Jimmy Cone. Free.

**Songs of Joy** Variety Show Tuesday June 26, 12:30pm. Mary Francis Roberts and Mary Beth Talamo will lead this production. Free.

### Seniors Ride Free on Ride On Bus

9:30am to 3:00pm Monday-Friday

Seniors must be 65 years and older and have a valid Metro Senior ID card or Medicare card with photo ID

**Call Transit Information Center for more information, 240-777-RIDE**





### Long Branch Park Senior Center

**Good Sports Father's Day Breakfast** Friday, June 15, 10:30am. The Night and Day Trio, featuring Michael Suser, plays jazz, swing and big band standards. Reserve in advance. Cost \$5.00.

**Kids and Grands** Wednesdays in July. Music and movement activities for Seniors and children. Call 301-431-5708 for more information.

**Memory Stimulation** Tuesday July 10, 11:00am. Kathleen Coleman, Adventist Healthcare explains the importance of brain stimulation to improve memory.

**Aromatherapy** Tuesday, August 7, 11:00am. How essential oils and other aromatic compounds can change your mood and health.

### Margaret Schweinhaut Senior Center

**Maryland Classic Youth Concert** Sunday, May 13, 2:30pm. A 50-piece orchestra will perform. Free

**Big Band Tradition** Friday, May 18, 6:30pm. Come dance or listen as 20- piece orchestra plays your favorite tunes. Small donation at the door.



**Neighborhood Yard Sale** Saturday, May 19, 9:00-1:00pm. Plenty of treasures you are sure to want. Join us and our neighbors outdoors at this community event. Call 301-681-1255 for more information about display space or to donate your useable items. (Rain date is May 26.)

**Organize Your Life** Tuesday, May 29 10:30am. Susan Morris from the Maryland Cooperative Extension shares her wisdom and energy to get you going.

**Tea Party and Fashion Show** Friday, June 8, 1:00-2:30pm. Co sponsored by the "Chic Red Hatters of Merry Land" this annual fun event produces: models with male escorts, tea and homemade treats, a vivacious MC and lively piano music. A limited number of tickets must be purchased before the event.

**Healthy Happy Feet** Tuesday, June 26, 10:30pm. Are you ready to wear those pretty sandals but your feet don't look as good as you would like? Sponsored by Washington Adventist Hospital.

**Happy 4th of July on the 2nd** Monday, July 2, 11:30-2:30pm. We're serving grilled hot dogs, hamburgers and all the trimmings. Vaudeville entertainment from fellow participants.

### County Bus Transportation available to many of our senior program sites

We are currently providing door to door transportation to many of our senior center and neighborhood programs. The sites are:

- Damascus Senior Center
- Holiday Park Senior Center
- Long Branch Senior Center
- Margaret Schweinhaut Senior Center
- Bauer Drive Neighborhood Senior Center
- Ross Boddy Neighborhood Center
- East County Neighborhood Center
- Fairland Neighborhood Center
- Germantown Neighborhood Center
- Longwood Neighborhood Center
- Owens Park Neighborhood Center
- Potomac Neighborhood Center

If you would like to take part in activities and need transportation you can call the center nearest you (page 82) on the day the program meets or call our main office at 240-777-4925.

## Affairs of the Heart

A Free Symposium for Older Adults About New Advances in Cardiac Care

**Wednesday, May 23, 2007 • 1 to 6 p.m.**

At the Holiday Park Multiservice Center  
3950 Ferrara Drive, Wheaton, MD

Here's your chance to hear about the latest in cardiac care from the Suburban Hospital doctors of the NIH Heart Center and other departments.

You must pre-register for this free symposium. See details at [www.suburbanhospital.org](http://www.suburbanhospital.org).

The Symposium will be followed by dancing at the **Heart Hop** from 4 to 6 p.m.

**Co-sponsored by:** NIH Heart Center at Suburban Hospital • Holiday Park Seniors, Inc.  
Montgomery County • Whole Foods • The Senior Beacon

# Age 55+ Fitness for Your Health

The listing below is just a sampling of the many health and fitness related programs offered. Check out page 82 to find the closest senior center or neighborhood program and stop by and see what health and fitness opportunities are there for you.

The exercise and weight room is available for your use at the Damascus, Holiday Park and Margaret Schweinhaut Senior Centers during their hours of operation. You also have access to the exercise and weight room at any community center that has a senior program, during their senior program hours at no cost. If you use the exercise rooms on other days and times, you will have to purchase the regular season pass.

## Outdoor Activities for Active Adults 55 and Older

Explore some of the great natural resources and outdoor activities available in our area with experienced staff from Montgomery County Department of Recreation. Try kayaking or canoeing with a small group (10-20 people) of other active older adults, this summer. If you are ready for a challenge, one of our new instructional trips for active seniors could be for you. Boats, paddles, life jackets and safety equipment provided. **Swimming Ability required.**

Transportation by county vans from Holiday Park Senior Center or meet at the site. To receive a calendar and details of up coming events call 240-777-4925 or e-mail [matt.rowe@montgomerycountymd.gov](mailto:matt.rowe@montgomerycountymd.gov).



### May 16 & 17 Introduction to Sea Kayaking

189000 9:00am-3:00pm each day

Cost: \$65/person

Try out the fun sport of sea kayaking. This is a great introduction to sea kayaking for people who want to quietly and unobtrusively observe nature. We will spend the first day on instruction in flat water and will proceed into moving water only when all of the participants have mastered and can demonstrate some basic skills. We will be paddling in the C & O Canal and the Potomac River near Pennyfield Lock.

### June 12 & 13 Two Day Introduction to White Water Kayaking

189001 9:00am-3:00pm each day

Cost: \$65/person

The class will begin with some instruction in basic safety and paddling skills in calm protected water. Once everyone has mastered some basic skills we will explore part of the Potomac River where we may encounter a moderate amount of current and begin to learn how to use the features of the river. Please come prepared to get wet; this is a wet sport.

### June 21 One day Introduction to River Kayaking

189002 8:30am-3 pm

Cost: \$35/person

This is an introduction to paddling in rivers with a moderate current. We will begin in calm protected water and proceed into moving water once everyone has mastered some basic skills.

### July 12 Introduction to Sea Kayaking Solo & double Kayaks

189003 8:30am-3:00pm

Cost \$35/ person

Learn to paddle a solo kayak or bring a partner and learn to paddle a double kayak. This is a fun leisurely paced class.

### July 19 Introduction to River Canoe

189004 8:30am-3:00 pm

Cost: \$30/person

Explore the islands and wildlife on a section of the Potomac River.

### July 26 Sea Kayak Chesapeake Bay

189005 8:30am-3:00 pm

Cost \$35/person

Try out a sea kayak and spend the day exploring a creek off Chesapeake Bay.

## New at Long Branch Senior Center

## Active for Life Programs FREE

*Living Well*, Chronic Disease Self-Management Program

*Active Now for Spanish Speakers* promotes physical activity

*Active for Life* will help motivate participants to incorporate more physical activity in their daily lives.

Call 301-255-4205 for more information.

## Start Soaring (Senior Outdoor Adventures in Recreation) It's the thing to do!

Awaken the spirit of adventure! Specifically designed day trips for the active senior age 55 and up. Call 240-777-4925 for trip and registration information. You must use the registration procedures in the SOAR brochure. All travel is by motorcoach unless otherwise noted. Mail in registration begins with a 5/15/07 postmark.



### 187443 Marine Corps Evening Parade and Band Concert

Fri. June 29

Featuring the "President's Own" USMC Band, Drum and Bugle Corps, and Silent Drill Platoon.

Fee: \$29 Leave 6:15pm, Return 11:15pm

### 187445 Tour Poplar Island in Chesapeake Bay Thurs. July 12

Enjoy a boat ride to Poplar Island from Tilghman Island and then take a guided tour of the Island. Lunch, on own and sightsee in St. Michaels after the tour.

Fee: \$45 Leave 7:15 am, Return 5:15 pm

### 187447 Paddlewheel Riverboat Cruise Around Baltimore's Inner Harbor

Thurs. July 19

Cruise out of Fell's Point, with narrations of historic sites such as: Fort McHenry and Federal Hill. After the cruise, enjoy lunch, (on own), and sightsee at Baltimore's Inner Harbor.

Fee: \$49 Leave 8:30 am, Return 4:30 pm

### 187448 Boat Trip to Smith Island on the Chesapeake Bay

Thurs. July 26

Enjoy a cruise to historic Smith Island. Upon landing, Option A\*: enjoy a family style seafood lunch or Option B\*: bring your own lunch. Afterwards, take a guided stroll. \*Indicate on registration form.

Fee: Option A-\$76, Option B-\$58

Leave 7:00 am,

Return at 6:00 pm

### 187452 Skipjack Boat Tour on Chesapeake Bay & St. Michaels.

Thurs. Aug. 2

Sail on a sloop-rigged skipjack which is used as an oyster dredger.

The captain discusses the Bay's ecology and the culture of the waterman. Lunch (on own) and sightsee when not sailing.

Fee: \$56 Leave 7:30 am, Return 5:30 pm



### 187453 Canoe Trip Through the Jug Bay Wildlife Sanctuary

Thurs. Aug. 9

Guided by a Park Naturalist, tour this 500-acre wildlife sanctuary. For experienced or less experienced\* canoeists. Bring a bag lunch.

\*Indicate experience on registration form.

Fee: \$30

Leave 8:15 am, Return 3:30 pm



### 187457 Visit the New National Museum of the Marine Corps Thurs. Aug. 23

Visit and experience the Marine's story through multi-media presentations and "immersive experiences" that give visitors a ground-level feel of life in combat. Lunch (on own) on premises.

Fee: \$29 Leave 8:30 am, Return 3:30 pm

### 187458 Boat Tour of Chesapeake Bay Lighthouses

Thurs. Aug. 30

Embark from Tilghman Island on a voyage of discovery aboard a 36 foot former US Navy special operations vessel. Hear a narration of the history of the bay and its lighthouses. Lunch (on own).

Fee: \$70 Leave 7:30 am, Return 5:30 pm

### 187460 Glen Burnie Manor House and Gardens in Shenandoah Valley Thurs. Sept. 6

Enjoy a guided walking tour of this 18th century Georgian manor house and its gardens plus a Walking Tour of Historic Winchester, VA. Buffet lunch (included) in a local restaurant.

Fee: \$55 Leave 8:00 am, Return 5:15 pm

### 187461 Sailing Trip on the Sultana in Chestertown, MD

Tues. Sept. 11

Sail on the Sultana, the full-scale reproduction of an 18th Century Royal Navy schooner. When not sailing, enjoy a guided tour of Chestertown. Crab cake lunch is included.

Fee: \$76 Leave 7:30 am, Return 5:30 pm



## Baseball Anyone?

Do you enjoy baseball? Would you like to help support our teams? Give us a call! The SOAR program is planning trips to two Orioles and two Nationals games this summer. Call us for more information and a separate registration form. If any tickets are still available two weeks prior to each game, you can invite your children or grandchildren! Space is limited, and you must call the SOAR Trip Coordinator at 240-777-4925 prior to registering a non-senior.





MONTGOMERY COUNTY

## Charles W. Gilchrist Center for Cultural Diversity



### About the Gilchrist Center for Cultural Diversity

The Charles W. Gilchrist Center for Cultural Diversity is committed to fostering multicultural understanding among residents and creating an inclusive society in Montgomery County. The Center offers a variety of programs to support residents and to celebrate the diversity of our community, such as acculturation programs and services for newcomers, information about and referral to County and other community services, and programs that highlight the County's diversity, its cultural wealth, and uniqueness.

The Gilchrist Center provides the following programs and services:

### Programs for New Americans

**English as a Second Language (ESOL)** classes: Beginning, Intermediate & Advanced

**Pro Bono Legal Clinic** (civil and immigration cases): Receive free legal advice from lawyers.

**Job Club:** Learn about resume writing, interview strategies.

**Money Matters:** Learn how to manage your money.

### Cultural/Educational Programs

**"Go" Club** Learn & play this ancient Asian strategy game! Tuesday evenings. Free. Presented by Arthur Lewis Go Club.

**Basic Computers** Computers classes for beginners taught in English, French and Spanish

**Spanish Fun for Everyone** Basic Spanish language/cultural immersion class

### Small Business Development Programs

**Business Development Seminars** offered by Montgomery County Economic Development Department

**Small Business Development Programs** Technical assistance, micro-loans, and training sessions offered by LEDC

### This Fall...

### Come Savor the Flavor of Diversity

The Gilchrist Center for Cultural Diversity staff are making plans for a walking tour of Wheaton's finest ethnic restaurants! More than great taste, the tour combines fascinating side stories and interesting facts about other cultures. We are certain that if you join us, you'll be back for seconds and thirds. More details, dates and times will be available this Summer.

Restaurant Owners: Interested in participating? Call 240-777-4940.



### Volunteer Opportunities

Information & Referral Assistant

Data Entry Assistant

Assistant Program Coordinator

We provide SSL hours!

For more detailed information about our programs, schedules and registration, please call the center at 240-777-4940.

#### Wheaton Location:

11319 Elkin Street, Wheaton, MD 20902

Monday: 9:00am–5:00pm

Tuesday, Wednesday & Thursday: 9:00am–9:00pm

Friday: 9:00am–1:00pm

Saturday: 9:00am–3:00pm

Telephone: 240-777-4940 | Fax: 240-777-4941

#### Upcounty Location:

12900 Middlebrook Road, Germantown, MD 20874

Telephone: 240-777-6940 | Fax: 240-777-6945

# THERAPEUTIC RECREATION

## Mission Statement

The Therapeutic Recreation Team provides accessible leisure, educational and personal development activities for individuals with disabilities through mainstreaming and adaptive programs.

Our new phone number is:  
240-777-4925.

## Children's Program

### Karate for Individuals with Disabilities

**Ages 6&Up:** Introduction to traditional Korean Karate (Tang So Do) with emphasis on improving motor planning and coordination. Includes stretching, arm and leg movements and drills. Wear loose fitting clothes or white Gi (uniform). New students attend 9:00 class.

**8 sessions \$71.00**  
187293 Holiday Park SrC 6/2 Sa 9:00am-9:45am  
187294 Holiday Park SrC 6/2 Sa 10:00am-10:45am

## Teen & Adult Programs

### Adult Swim

**Ages 18&Up, with disabilities:** Adapted aquatics and swim instruction in a group setting. Participants should be able to indicate basic wants and needs and have minimal self-help skills. 1 staff to 7 participants. No class on July 4. **No personal care provided.**

**8 sessions \$35.00**  
187295 MLK Swim Center 6/12 Tu 8:30pm-10:00pm  
187296 MAC Swim Center 6/14 Th 8:30pm-10:00pm  
187297 Germantown Sw Ctr 6/13 W 8:30pm-10:00pm

### Feeling Fit with Multiple Sclerosis

**Ages 18&Up,** who would like to learn to work out independently: Includes warm up, work out, and cool down. Emphasis on learning how to develop a balanced physical activity plan. At the close of the class, participants will be able to design and begin an Individual Fitness Plan.

**6 sessions \$35.00**  
187299 Holiday Park SrC 6/14 Th 3:30pm-4:30pm



## Therapeutic Recreation Dance

For teens and adults, ages 15 and up, with disabilities. DJ, light refreshments, and opportunities for socialization. Transportation must be arranged prior to the event, with pick-up at 10:00pm. Bring ID for check in.

### Summer Breeze Dance

"Summer breeze...makes me feel fine..." July can be hot so come inside and dance, have some passion fruit, and sit under the trade winds!

**When:** Saturday, July 14, 2007, 7:00pm-10:00pm

**Cost:** \$5.00 club members; \$7.00 non-club members

**Location:** Holiday Park Senior Center, 3950 Ferrara Drive, Wheaton

## Moving with Multiple Sclerosis

**Ages 18&Up, with Multiple Sclerosis:** Exercise helps maintain flexibility in joints and muscle strength, relaxes the body, and promotes a sense of well-being. Discussion will focus on ways to keep exercising outside of class.

**6 sessions \$35.00**  
187300 Germantown CC 6/10 Sun 1:00pm-2:00pm

## Slow 'n Easy Aerobics

**Ages 15&Up, with disabilities:** Exercise to music and get fit through movement, stretching, and coordination. Participants should be able to indicate basic wants and needs, and follow one- and two-step instructions. 1 staff to 10 participants.

**6 sessions \$26.00**  
187301 Bauer Drive CC 6/28 Th 7:00pm-8:00pm  
187302 Bauer Drive CC 6/28 Th 8:00pm-9:00pm  
187303 Wheaton CC 6/25 M 7:00pm-8:00pm

## Summer Camps for Individuals with Disabilities

Therapeutic Recreation camps are designed to help children and teens with disabilities improve social skills, enhance self-esteem, and develop new skills through age appropriate activities in a safe and supportive environment. Day trips may require an additional fee. Please call 240-777-4925 or TTY 240-777-6974 for more information and the assistance of a recreation specialist to find the most appropriate program for your family member. Programs will not meet on Wednesday, July 4.

## Not sure of what you're doing this Summer?

### Summer Employment

Interested in something different? Have experience working with individuals with disabilities or work with children in a school setting? Half and full day positions available. Send in a resume or call a Recreation Specialist for information at 240-777-4925.

### Volunteers Needed for Summer Programs

**Earn student service learning hours.**  
Support a child with a disability in a summer program or as an assistant in a Therapeutic Recreation camp.  
Training provided.

**Call the Volunteer Coordinator at 240-777-4925.**

# PROGRAMS

## Special Events

### National Therapeutic Recreation Week: July 8-14, 2007

See the *Summer Therapeutic Recreation* brochure for activity details.

### Sunday Brunch and Show

#### "Little Shop of Horrors"

Toby's Dinner Theatre of Columbia

**Ages 21 and up (1 staff to 6 participants)** When a man discovers an exotic plant with a mysterious craving for fresh blood, "Audrey II" grows into a foul-mouthed, R&B-singing carnivore.

**When:** Sunday, July 29, 2007

**Departs:** Holiday Park Senior Center;  
3950 Ferrara Drive, Wheaton,  
10:00am;  
Returns approximately 4:00pm

**Cost:** \$39.00 (Separate Check Only,  
No credit card charge)



### 18th Anniversary Children's Day VIP Program at the Fair: August 13, 2007

Co-sponsored by the Montgomery County Agricultural Fair and the City of Gaithersburg.

The *Children's Day at the Fair* Committee is asking for help in identifying children who would benefit from this program. In order to be selected a Children's Day VIP, the child must be a resident of Montgomery County between the ages of five and twelve years old and must have a severe disability or life-threatening illness.

The family must also be able to attend the Fair on Monday, August 13 as honored guests. If you know of a child or children (who have not yet been a VIP) who you feel would benefit from this very special program, please call 240-777-4925 for an application form.

### TR Mailing List

If you would like to receive more information on TR programs or clubs, please send a postcard with participant's name, age, address, and phone number.

Mail to: Therapeutic Recreation Mailing List  
3950 Ferrara Drive  
Wheaton, MD 20906

## Community Forum for Therapeutic Recreation Programs

**Thursday, September 6, 2007, 7:00-8:30pm**

Bauer Drive Community Center, 14625 Bauer Drive, Rockville

Please join us at the Bauer Drive Community Center on September 6th for a community forum on recreational opportunities for individuals with disabilities. Current recreation programs along with future trends, interests, and needs will be examined and discussed in a task oriented open format. Don't miss this opportunity to express your thoughts and ideas about services and possible future programming. For more information, please call 240-777-4925.

## Mainstreaming Opportunities

Individuals with disabilities are encouraged to register for programs. To facilitate your inclusion, you may request auxiliary aids and services.

Interpreters, large or braille print, other auxiliary aids or services, or companions must be requested **at least 2 weeks** prior to the start of the program. Please call 240-777-4925, TTY 240-777-6974, to schedule an intake for accommodations needed.

Companions provide one-to-one assistance to facilitate participation and assimilation into the program. Most companions are volunteers and placements are limited, and are not guaranteed.

Montgomery County Government is committed to complying with the Americans with Disabilities Act (ADA). If you need auxiliary aids or services (such as large print, electronic format, ASL or cued speech) in order to participate, please call a Mainstream Facilitator (240-777-4925) to discuss your needs.

Space is still available for:

### Therapeutic Recreation Summer Teen Center

Brookhaven Elementary School  
4610 Renn Street, Rockville, MD 20853

#### Ages 13-21

For active, independent teens with developmental disabilities. This camp offers activities to enhance social skills and self-esteem and promote independence and skills for life. Games, crafts, swimming, wellness activities, local field trips and special events featured. No personal care is provided. Staff ratio: 1 staff/5 participants. \*No AM or PM transportation; parents/guardians must pick up participants at camp by 3:30pm.

176169	7/2-7/6	9:00am-3:30pm	\$80
176170	7/9-7/13	9:00am-3:30pm	\$100
176171	7/16-7/20	9:00am-3:30pm	\$100
176172	7/23-7/27	9:00am-3:30pm	\$100





# Montgomery County Golf



## Falls Road Golf Programs

*Call Falls Road Golf Course to register for programs at this facility at (301) 299-5156. Schedule subject to change. Additional sessions may be added due to high demand. Please check with the Pro Shop or visit our website at [www.MontgomeryCountyGolf.com](http://www.MontgomeryCountyGolf.com).*

### **Falls Road Junior Champs Group Lessons (Ages 6-8)**

One-hour group lessons for four consecutive weeks, same time each week. Cost: \$100.

Wednesdays	5:00 – 6:00 p.m.	May 16, 23, 30, June 6
Saturdays	3:00 – 4:00 p.m.	May 19, 26, June 2, 9
Wednesdays	5:00 – 6:00 p.m.	September 5, 12, 19, 26

### **Falls Road Junior Group Lessons (Ages 9-12)**

One-hour group lessons for four consecutive weeks, same time each week. Cost: \$100.

Wednesdays	6:00 – 7:00 p.m.	May 16, 23, 30, June 6
Saturdays	4:00 – 5:00 p.m.	May 19, 26, June 2, 9
Wednesdays	6:00 – 7:00 p.m.	September 5, 12, 19, 26

### **Falls Road Teen Junior Group Lessons (Ages 13-16)**

One-hour group lessons for four consecutive weeks, same time each week. Cost: \$100.

Wednesdays	7:00 – 8:00 p.m.	May 16, 23, 30, June 6
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### **Falls Road Junior Golf Camps (with Needwood GC where noted, for ages 11-15)**

Our traditional golf camps for juniors aged 8-12. Cost: \$250 per week.

Monday – Friday	7:00 – 8:00 p.m.	June 11, 12, 13, 14, 15	
Monday – Friday	8:00 – 10:00 a.m.	June 18, 19, 20, 21, 22	
Monday – Friday	8:00 – 10:00 a.m.	June 25, 26, 27, 28, 29	
Monday – Friday	8:00 – 10:00 a.m.	July 9, 10, 11, 12, 13	
Monday – Friday	8:00 – 10:00 a.m.	July 23, 24, 25, 26, 27	
Monday – Friday	8:00 – 10:00 a.m.	August 6, 7, 8, 9, 10	
Monday – Friday	8:00 – 10:00 a.m.	August 20, 21, 22,	Falls Road
	7:30-10:30 a.m.	August 23, 24	Needwood

### **Falls Road Junior Players Camps (with Needwood GC where noted, for ages 11-15) Cost: \$375.**

Monday – Thursday	7:00 – 11:00 a.m.	June 18, 19, 20, 21	Needwood
Monday – Friday	8:00 – 10:00 a.m.	July 16, 17, 18,	Falls Road
	7:30 – 10:30 a.m.	July 19, 20	Needwood
Monday – Thursday	7:30-11:30 a.m.	July 30, 31, August 1, 2	Falls Road



### **MCG E-Club**

Get the latest specials, news, and events sent straight to your in-box by joining Montgomery County Golf's E-club. To join, simply send an email message to [MCGInfo@MontgomeryCountyGolf.com](mailto:MCGInfo@MontgomeryCountyGolf.com).

### Falls Road Adult Group Lessons:

These group lessons are designed for people to learn to play golf (or better golf) and have organized sessions to participate in throughout the year. The classes will stress the fundamentals of golf. These fundamentals don't change as you advance in your skills; the language and practice will become a little more specialized. Each group of four classes will cover full swing, short shots around the green, putting, and static fundamentals (grip, aim, and set-up). These classes are also a great way to meet other new golfers or people coming back to the game. Cost: \$150 per person for each 4-week cluster (one-hour session per week). Class size is 5-8 students.

#### *Beginner/Elementary Sessions:*

Saturdays	10:00 – 11:00 a.m.	June 2, 9, 16, 23
Tuesdays	7:00 – 8:00 p.m.	June 19, 26, July 3, 10
Thursdays	7:00 – 8:00 p.m.	June 21, 28, July 5, 12
Mondays	7:00 – 8:00 p.m.	July 9, 16, 23, 30
Thursdays	7:00 – 8:00 p.m.	July 26, August 2, 9, 16
Tuesdays	6:30 – 7:30 p.m.	August 28, September 4, 11, 18
Saturdays	10:00 – 11:00 a.m.	September 8, 15, 22, 29
Sundays	11:00 a.m. – noon	September 9, 16, 23, 30
Tuesdays	5:30 – 6:30 p.m.	October 2, 9, 16, 23
Thursdays	5:30 – 6:30 p.m.	October 4, 11, 18, 25

#### *Elementary Sessions:*

Tuesdays	7:00 – 8:00 p.m.	July 24, 31, August 7, 14
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#### *Elementary/Intermediate Sessions:*

Tuesdays	7:00 – 8:00 p.m.	May 15, 22, 29, June 5
Mondays	7:00 – 8:00 p.m.	June 4, 11, 18, 25
Thursdays	6:30 – 7:30 p.m.	August 30, September 6, 13, 20

#### *Intermediate Sessions:*

Saturdays	10:00 – 11:00 a.m.	July 7, 14, 21, 28
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### 4<sup>th</sup> Annual MCG

#### Summer Amateur

Mark your calendar for the Fourth Annual MCG Summer Amateur at Laytonsville Golf Course on Saturday, August 4 – Sunday, August 5. Call the Laytonsville golf shop at (301) 948-5288 for details and to register.



## Hampshire Greens Golf Programs

*Call Hampshire Greens Golf Course to register for programs at this facility at (301) 476-7999. Schedule subject to change. Additional sessions may be added due to high demand. Please check with the Pro Shop or visit our website at [www.MontgomeryCountyGolf.com](http://www.MontgomeryCountyGolf.com).*

### Hampshire Greens Junior Golf Camp (Ages 6-11)

This program is for the young person who is encountering golf for the first time or the junior person looking to improve on some basics he/she may have already learned. All elements of the game will be taught in a relaxed, fun-filled environment. We will spend our time on the practice green and the driving range, and each session will include drinks and snacks. The cost for this program is \$150.

Tuesday – Thursday	1:00 – 2:30 p.m.	June 19, 20, 21
Tuesday – Thursday	1:00 – 2:30 p.m.	June 26, 27, 28
Tuesday – Thursday	1:00 – 2:30 p.m.	July 10, 11, 12
Tuesday – Thursday	1:00 – 2:30 p.m.	July 17, 18, 19
Tuesday – Thursday	1:00 – 2:30 p.m.	July 24, 25, 26
Tuesday – Thursday	1:00 – 2:30 p.m.	August 7, 8, 9
Tuesday – Thursday	1:00 – 2:30 p.m.	August 14, 15, 16
Tuesday – Thursday	1:00 – 2:30 p.m.	August 21, 22, 23

### Hampshire Greens Junior Intensive Camps (Ages 12-17)

This camp is intended for the avid junior golfer who plays on a regular basis, is able to walk at least 9 holes carrying his/her bag, and who is trying to improve his/her game for his/her high school or club team. Video analysis, course management, and daily play for prizes will help prepare these serious-minded golfers for their future endeavors. Cost is \$300, lunch and drinks are included.

Monday – Friday	8:00 – 12:30 p.m.	June 11, 12, 13, 14, 15
Monday – Friday	8:00 – 12:30 p.m.	June 18, 19, 20, 21, 22
Monday – Friday	8:00 – 12:30 p.m.	June 25, 26, 27, 28, 29
Monday – Friday	8:00 – 12:30 p.m.	July 9, 10, 11, 12, 13
Monday – Friday	8:00 – 12:30 p.m.	July 16, 17, 18, 19, 20
Monday – Friday	8:00 – 12:30 p.m.	July 23, 24, 25, 26, 27
Monday – Friday	8:00 – 12:30 p.m.	August 6, 7, 8, 9, 10
Monday – Friday	8:00 – 12:30 p.m.	August 13, 14, 15, 16, 17
Monday – Friday	8:00 – 12:30 p.m.	August 20, 21, 22, 23, 24
Monday – Friday	8:00 – 12:30 p.m.	August 27, 28, 29, 30, 31

### Hampshire Greens Adult Evening Clinics for Beginners

These four-week programs run throughout the golf season. They are designed to introduce golf to new students in a fun, pressure-less setting. All of the basics of golf will be taught, from putting to driving. Clubs will be provided for those who have not yet purchased them. This class starts the first Tuesday of every month and goes for four consecutive weeks. Cost is \$130.

Tuesdays	6:00 – 7:15 p.m.	June 5, 12, 19, 26
Tuesdays	6:00 – 7:15 p.m.	July 10, 17, 24, 31
Tuesdays	6:00 – 7:15 p.m.	August 7, 14, 21, 28
Tuesdays	6:00 – 7:15 p.m.	September 4, 11, 18, 25

### Hampshire Greens Adult Advanced Clinics

This class is geared to the student who has already taken the Tuesday night clinic or has played golf for some time and wishes to improve his/her game. We will use video analysis of each golfer's swing to improve understanding and performance. This class will be limited to 6 students for four consecutive weeks each month. Cost for this clinic is \$150.

Wednesdays	6:00 – 7:30 p.m.	June 6, 13, 20, 27
Wednesdays	6:00 – 7:30 p.m.	July 11, 18, 25 and August 1
Wednesdays	6:00 – 7:30 p.m.	August 8, 15, 22, 29



## Laytonsville Golf Programs

*Call Laytonsville Golf Course to register for programs at this facility at (301) 948-5288. Schedule subject to change. Additional sessions may be added due to high demand. Please check with the Pro Shop or visit our website at [www.MontgomeryCountyGolf.com](http://www.MontgomeryCountyGolf.com).*

### Laytonsville Golf Course 2007 One-Week Junior Golf Camps (Ages 6-17)

Our one-week junior camps will cover introduction to golf, safety and etiquette, grip, stance, and set-up on day one, followed by full swing on day two. We will provide instruction on pitching, chipping, and putting along with a course walk on day three. Practice will be held on the par-three course on the driving range on day four, and an on-course tournament on day five. The cost of \$160.00 per junior per camp, and includes a souvenir hat and golf shirt. Maximum 30 participants.

#### Laytonsville Junior Camp Sessions:

Monday – Friday	8:00 – 10:00 a.m.	June 18, 19, 20, 22
Monday – Friday	8:00 – 10:00 a.m.	June 25, 26, 27, 28, 29
Monday – Friday	8:00 – 10:00 a.m.	July 9, 10, 11, 12, 13
Monday – Friday	8:00 – 10:00 a.m.	July 16, 17, 18, 19, 20
Monday – Friday	8:00 – 10:00 a.m.	July 23, 24, 25, 26, 27
Monday – Friday	8:00 – 10:00 a.m.	July 30, 31, August 1, 2, 3
Monday – Friday	8:00 – 10:00 a.m.	August 6, 7, 8, 9, 10

### Laytonsville Clinics and Seminars

#### Laytonsville Full Swing Clinics\*:

Maximum 10 participants in each 1 ½ hour session. Cost: \$25 per person. Work on the driving range with Irons and Woods.

Saturday	1:00 – 2:30 p.m.	June 2
Saturday	1:00 – 2:30 p.m.	July 7
Saturday	1:00 – 2:30 p.m.	August 4
Saturday	1:00 – 2:30 p.m.	September 1
Saturday	1:00 – 2:30 p.m.	October 6

#### Laytonsville Short Game Clinics\*:

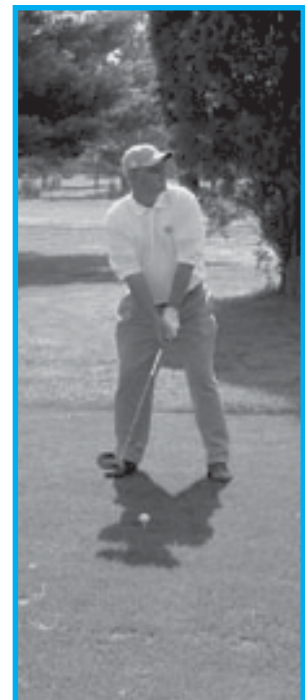
Maximum 10 participants in each 1 ½ hour session. Cost: \$25 per person. Work on the driving range <50 yards and chipping green.

Saturday	1:00 – 2:30 p.m.	May 19
Saturday	1:00 – 2:30 p.m.	June 16
Saturday	1:00 – 2:30 p.m.	July 21
Saturday	1:00 – 2:30 p.m.	August 18
Saturday	1:00 – 2:30 p.m.	September 15
Saturday	1:00 – 2:30 p.m.	October 20

#### Laytonsville Ladies Clinics\*:

Maximum 8 participants (ladies only) in each 1-hour session. Cost: \$20 per person.

Tuesday	3:00 – 4:00 p.m.	May 22
Tuesday	3:00 – 4:00 p.m.	June 19
Tuesday	3:00 – 4:00 p.m.	July 17
Tuesday	3:00 – 4:00 p.m.	August 21
Tuesday	3:00 – 4:00 p.m.	September 18



**Laytonsville Specialty Clinics\*:**

\$40 per couple, maximum 5 couples, unless otherwise specified.

Saturday	3:00 – 4:00 p.m.	May 12
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Young Couples Clinic (open to couples under the age of 30)

Saturday	3:00 – 4:00 p.m.	June 9
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Father/Son Clinic (open to any father/male guardian & his son)

Saturday	3:00 – 4:00 p.m.	July 14
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Mother/Daughter Clinic (open to any mother/female guardian & her daughter)

Saturday	3:00 – 4:00 p.m.	August 11
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Junior Clinic (open to any junior golfer aged 9-16); \$15 per junior, max. 20 juniors.

**Laytonsville Course Management Clinics:**

This is a demonstration clinic, be prepared to take notes. Cost is \$25 per participant.

Open to all interested.

Tuesday	6:00 – 7:00 p.m.	July 10
Tuesday	6:00 – 7:00 p.m.	September 11

**Laytonsville FREE “Grow the Game” Clinics:**

These FREE clinics are geared toward people interested in the game of golf. Maximum 20 participants, so please register soon.

**Laytonsville FREE Junior “Grow the Game” Clinic:**

Saturday	1:00 – 2:30 p.m.	June 23
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**Laytonsville FREE Ladies Short Game Clinic:**

Saturday	1:00 – 2:30 p.m.	September 8
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\*Every golfer who participates in one of the Laytonsville clinics asterisked will receive a voucher for 2 large baskets of range balls.



## Little Bennett Golf Programs

*Call Little Bennett Golf Course to register for programs at this facility at (301) 253-1515. Schedule subject to change. Additional sessions may be added due to high demand. Please check with the Pro Shop or visit our website at [www.MontgomeryCountyGolf.com](http://www.MontgomeryCountyGolf.com).*

**Little Bennett Golf Course 2007 One-Week Junior Golf Camps**

This year, we are offering two kinds of junior camps at Little Bennett. The first is a one-week Instruction Only Program for two hours a day. Cost of the Instruction Only camp is \$135 per junior per week-long session. The second is an Expanded Program for four hours daily, which includes instruction, 9-holes of golf, and lunch provided daily, and prizes awarded at the end of the week. Cost of the Expanded Program is \$300 per junior per week-long session.

**Little Bennett Instruction Only Junior Camps: (Ages 6-17)**

Monday – Friday	8:00 – 10:00 a.m.	June 25, 26, 27, 28, 29
Monday – Friday	2:00 – 4:00 p.m.	June 25, 26, 27, 28, 29
Monday – Friday	8:00 – 10:00 a.m.	July 23, 24, 25, 26, 27
Monday – Friday	2:00 – 4:00 p.m.	July 23, 24, 25, 26, 27

**Little Bennett Expanded Program Junior Camps: (Ages 10-17)**

Experience on the golf course is required.

Monday – Friday	9:00 – 1:00 p.m.	July 9, 10, 11, 12, 13
Monday – Friday	9:00 – 1:00 p.m.	July 16, 17, 18, 19, 20
Monday – Friday	9:00 – 1:00 p.m.	July 30, 31, August 1, 2, 3
Monday – Friday	9:00 – 1:00 p.m.	August 6, 7, 8, 9, 10

## Needwood Golf Programs

*Call Needwood Golf Course to register for programs at this facility at (301) 948-1075. Schedule subject to change. Additional sessions may be added due to high demand. Decisions to reschedule due to rain will be made by the Needwood PGA Professionals. Please check with the Pro Shop or visit our website at [www.MontgomeryCountyGolf.com](http://www.MontgomeryCountyGolf.com).*

### Needwood Junior Golf Camps (Ages 10-15)

The junior golf camps at Needwood Golf Course will be taking a new direction this year. We will make strong efforts to expose new players to the game. We will be teaching full spectrum of the game including short game; full swing; rules and etiquette; as well as respect for self, golf course, and others. These camps will be a true learning experience set in a safe, fun environment. Students will spend time at the range, the putting green and on the golf course. These camps will be limited to 8 students. You may sign up with a credit card over the phone or stop by the golf shop. Sessions will be held Tuesday – Friday from 8:00 to 11:00 a.m. Cost: \$225 per golfer.

Tuesday – Friday	8:00 – 11:00 a.m.	June 12, 13, 14, 15
Tuesday – Friday	8:00 – 11:00 a.m.	June 19, 20, 21, 22
Tuesday – Friday	8:00 – 11:00 a.m.	July 10, 11, 12, 13
Tuesday – Friday	8:00 – 11:00 a.m.	July 24, 25, 26, 27
Tuesday – Friday	8:00 – 11:00 a.m.	August 7, 8, 9, 10

### Needwood Ladies Adult Clinic Series:

Ladies only, 1-hour session series over a 4-week period. Cost: \$150.

Saturdays	10:00 – 11:00 a.m.	May 26, June 2, 9, 16 (Rain date: June 23)
Saturdays	10:00 – 11:00 a.m.	July 7, 14, 21, 28 (Rain date: August 4)
Saturdays	10:00 – 11:00 a.m.	August 11, 18, 25, Sept. 1 (Rain date: Sept. 8)

### Needwood Adult Clinics:

One-hour session series over a 4-week period. Cost: \$150.

Fridays	6:00 – 7:00 p.m.	May 25, June 1, 8, 15 (Rain date: June 22)
Fridays	6:00 – 7:00 p.m.	July 6, 13, 20, & 27 (Rain date: August 3)
Fridays	6:00 – 7:00 p.m.	August 10, 17, 24, 31 (Rain date: September 7)
Sundays	4:00 – 5:00 p.m.	April 22, 29, May 6, 13 (Rain date: May 20)
Sundays	4:00 – 5:00 p.m.	May 27, Jun 3, 10, 17 (Rain date: June 24)
Sundays	4:00 – 5:00 p.m.	July 8, 15, 22, 29 (Rain date: August 5)
Sundays	4:00 – 5:00 p.m.	August 12, 19, 26, September 2 (Rain date: September 9)





## Northwest Golf Programs

*Call Northwest Golf Course to register for programs at this facility at (301) 598-6100. Schedule subject to change. Additional sessions may be added due to high demand. Please check with the Pro Shop or visit our website at [www.MontgomeryCountyGolf.com](http://www.MontgomeryCountyGolf.com).*

Beginner and Advanced Adult Evening Clinics will be available soon - please call (301) 598-6100, ext.102 for dates and times.

### **Northwest Junior Golf School: (Ages 8-16)**

Cost: \$180 per student.

Tuesday – Thursday	8:00 - 10:00 a.m.	July 10, 11, 12
Tuesday – Thursday	8:00 - 10:00 a.m.	July 17, 18, 19

### **Northwest Junior Camps:**

These 3-day junior camps will run throughout the summer. Additional dates may become available, depending on demand. A maximum of 10 golfers per session. Cost: \$140 per student.

Tuesday – Thursday	8:00 – 10:00 a.m.	June 19, 20, 21
Monday, Tuesday, Thursday	8:00 – 10:00 a.m.	July 2, 3, 5
Tuesday – Thursday	8:00 – 10:00 a.m.	July 24, 25, 26
Tuesday – Thursday	8:00 – 10:00 a.m.	August 7, 8, 9
Tuesday – Thursday	8:00 – 10:00 a.m.	August 21, 22, 23

## Poolesville Golf Programs

*Call Poolesville Golf Course to register for programs at this facility at (301) 428-8143. Schedule subject to change. Additional sessions may be added due to high demand. Please check with the Pro Shop or visit our website at [www.MontgomeryCountyGolf.com](http://www.MontgomeryCountyGolf.com).*

### **Poolesville Junior Golf Camps: (Ages 8-17)**

These 3-day camps will teach juniors basic skills, including full swing, chipping, putting, and on-course etiquette. Kids will have fun while learning to appreciate the sport of golf. Lunch will be provided following each session. Camps will be held during spring break and throughout the summer months. Cost: \$100 per junior.

Tuesday – Thursday	8:00 – 11:00 a.m.	June 19, 20, 21
Tuesday – Thursday	8:00 – 11:00 a.m.	July 10, 11, 12
Tuesday – Thursday	8:00 – 11:00 a.m.	July 24, 25, 26
Tuesday – Thursday	8:00 – 11:00 a.m.	August 7, 8, 9
Tuesday – Thursday	8:00 – 11:00 a.m.	August 21, 22, 23

### **Poolesville Advanced Junior Competitive Camp: (Ages 13-18)**

For one session only this summer, Poolesville Golf Course is offering an Advanced Junior Competitive Camp. For the serious junior golfer aged 13-18, who plans to try out for a school golf team. This 3-day camp provides an opportunity for proficient young golfers to learn the skills needed to elevate their competitive game. It is the perfect preparation for high school or college golf, taught by our experienced PGA Instructor. The instruction will include advanced skills such as course management, focus, visualization, concentration, short game, and “working the ball.” Students will have the opportunity to play 18 holes after each session, including 9 holes with the PGA Instructor on the final day. Only 3 golfers between the ages of 13 and 18 will be accepted into the session. Cost: \$225 per participant, lunch included.

Tuesday – Thursday	10:00 – 1:00 p.m	August 14, 15, 16
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## Rattlewood Golf Programs

*Call Rattlewood Golf Course to register for programs at this facility at (301) 607-9000. Schedule subject to change. Additional sessions may be added due to high demand. Please check with the Pro Shop or visit our website at [www.MontgomeryCountyGolf.com](http://www.MontgomeryCountyGolf.com).*

### **Rattlewood Junior Golf Camps:**

Rattlewood's 4-day Junior Golf Camps are taught by PGA Professionals, and focus on the fundamentals of golf, strategy, etiquette, and sportsmanship. On-course play and instruction, lunch, and refreshments are included, as well as daily contests, prizes, and awards. Official USGA Handicaps are available. Each golfer receives 10% off merchandise at the Rattlewood Golf Shop. Cost: \$175 per student. Class size is limited to 20 students per session.

Monday – Thursday	8:00 – 1:00 p.m.	June 25, 26, 27, 28
Monday – Thursday	8:00 – 1:00 p.m.	July 9, 10, 11, 12
Monday – Thursday	8:00 – 1:00 p.m.	July 16, 17, 18, 19
Monday – Thursday	8:00 – 1:00 p.m.	July 23, 24, 25, 26
Monday – Thursday	8:00 – 1:00 p.m.	July 30, 31, August 1, 2
Monday – Thursday	8:00 – 1:00 p.m.	August 6, 7, 8, 9
Monday – Thursday	8:00 – 1:00 p.m.	August 13, 14, 15, 16

### **Rattlewood Adult Clinics:**

Instruction by PGA Professional(s) on golf fundamentals, strategy, and etiquette. Cost: \$50 per person. Discounted rounds of golf provided at Rattlewood Golf Course to those registered for a session. Class size is limited to 12 adults per session; additional classes may be added.

Tuesday – Thursday	6:00 – 7:00 p.m.	May 15, 16, 17
Tuesday – Thursday	6:00 – 7:00 p.m.	June 12, 13, 14
Tuesday – Thursday	6:00 – 7:00 p.m.	July 17, 18, 19
Tuesday – Thursday	6:00 – 7:00 p.m.	August 14, 15, 16

### **Rattlewood FREE Golf Camps/Clinics:**

These FREE beginner clinics will focus on the basics of golf including introduction fundamentals of the golf swing and playing orientation on the golf course. Required: golf clubs (if you have them; rentals are available), dress to the weather, and show your SMILE! Class size is limited

Saturday	6:00 – 8:00 p.m.	May 12	Adult Beginner Clinic
Saturday	6:00 – 8:00 p.m.	Jun 16	Junior Summer Kick-off
Saturday	6:00 – 8:00 p.m.	Jul 14	Family Clinic



# We Rent for Your Event

*Celebrate that special occasion in one of our Community Recreation Centers*



Rent our facilities and join your friends and family for:

- Birthday Parties
- After Prom Dances
- Wedding Receptions
- Anniversaries
- Bar/Bat Mitzvahs
- Retirement Parties
- Cultural Celebrations
- Meetings



*Transform a room into a fantasy land with lights and props or an elegant reception area with fresh flowers and garland. You are limited only by imagination and creativity.*



Rent these Special Spaces for Special Events...

- Gymnasiums
- Social Halls
- Art Rooms
- Conference Rooms
- Lounges

To rent a space: Contact one of our Community Centers listed on page 87.

**Check out a center from home: Virtual Tours of our centers are available online at [www.montgomerycountymd.gov/rec](http://www.montgomerycountymd.gov/rec) under Locations.**



## Recreation Service Regions

The Department of Recreation has five regional service areas, which follow the Government Service Center Regions. Information and registration for all recreation programs is available at all Regional Service Centers (RSC).

**Bethesda-Chevy Chase** 240-777-6900  
Bethesda, Chevy Chase, Potomac  
11315 Falls Road, Potomac

**East County** 240-777-4980  
Briggs Chaney, Burtonsville, Fairland, NE Silver Spring  
14906 Old Columbia Pike, Burtonsville

**Mid-County** 240-777-4930  
Aspen Hill, Olney, Sandy Spring, Wheaton, Brookeville  
4010 Randolph Road, Silver Spring

**Silver Spring** 240-777-4910  
Silver Spring, Takoma Park  
2450 Lyttons ville Road, Silver Spring

**Upcounty** 240-777-6940  
Upper Montgomery County, Montgomery Village, Damascus, Darnestown, Redland, Poolesville, Dufief/Travilah  
12900 Middlebrook Road, Germantown



Scotland community members enjoy fun, food and events at the annual Scotland Community Day. This year's celebration is on August 11.

## Community Recreation Centers

Community Recreation Centers (CRC) are located throughout Montgomery County. A variety of activities and programs are offered for participants of all ages.

Each center is unique and may have some or all of the following: gymnasium, social hall with dance floor and kitchen, game and billiards room or area, weight and exercise room, arts and craft room, and meeting room.

Rooms of various sizes at the CRCs are also available for rentals. Call for specific hours and availability.

<b>Clara Barton Community Center</b>	301-229-0010
7425 MacArthur Boulevard, Cabin John	
<b>Bauer Drive Community Center</b>	301-468-4015
14625 Bauer Drive, Rockville	
<b>Ross J. Boddy Community Center</b>	301-570-1204
18529 Brooke Road, Sandy Spring	
<b>Gwendolyn E. Coffield Community Center</b>	240-777-4900
2450 Lyttons ville Road, Silver Spring	
<b>Damascus Community Center</b>	240-777-6930
25520 Oak Drive, Damascus	
<b>East County Community Center</b>	301-572-7004
3310 Gateshead Manor Way, Silver Spring	
<b>Fairland Community Recreation Center</b>	240-777-4970
14906 Old Columbia Pike, Burtonsville	
<b>Germantown Community Center</b>	301-601-1680
18905 Kingsview Road, Germantown	
<b>Charles W. Gilchrist Center for Cultural Diversity</b>	240-777-4940
11319 Elkin Street, Wheaton	
<b>Good Hope Community Center</b>	301-989-1210
14715 Good Hope Road, Silver Spring	
<b>Leland Community Center</b>	301-652-2249
4301 Willow Lane, Chevy Chase	
<b>Long Branch Community Center</b>	301-431-5702
8700 Piney Branch Road, Silver Spring	
<b>Longwood Community Center</b>	301-570-1200
19300 Georgia Avenue, Brookeville	
<b>Plum Gar Community Center</b>	301-601-0966
19561 Scenery Drive, Germantown	
<b>Potomac Community Center</b>	240-777-6960
11315 Falls Road, Potomac	
<b>Scotland Community Center</b>	301-983-4455
7700 Scotland Drive, Potomac	
<b>Upper County Community Center</b>	301-840-2469
8201 Emory Grove Road, Gaithersburg	
<b>Wheaton Community Center</b>	301-929-5500
11711 Georgia Avenue, Wheaton	

**Aquatic Centers:** See page 6

**Senior Centers:** See page 82

**Other Locations:** See page 100

# Facility Locations

## ELEMENTARY SCHOOLS (ES)

Ashburton Elementary School-  
6314 Lone Oak Drive,  
Bethesda

Barnsley, Lucy Elementary School-  
14516 Nadine Drive,  
Rockville

Bethesda Elementary School-  
5011 Moorland Lane,  
Bethesda

Beverly Farms Elementary School-  
8501 Post Oak Road,  
Rockville

DuFief Elementary School-  
15001 DuFief Drive,  
Gaithersburg

Farmland Elementary School-  
7000 Old Gate Road,  
Rockville

Resnik, Judith A. Elementary School-  
7301 Hadley Farms Drive,  
Gaithersburg

Rolling Terrace Elementary School-  
705 Bayfield Street,  
Takoma Park

Sligo Creek Elementary School-  
500 Schuyler Road,  
Silver Spring

Wyngate Elementary School-  
9300 Wadsworth Drive,  
Bethesda

## SECONDARY SCHOOLS (MS or HS)

Banneker, Benjamin Middle School-  
14800 Perrywood Drive,  
Burtonsville

Bethesda-Chevy Chase HS-  
4301 East West Highway,  
Bethesda

Briggs Chaney Middle School-  
1901 Rainbow Drive,  
Silver Spring

Montgomery Village Middle School-  
19300 Watkins Mill Road,  
Gaithersburg

Newport Mill Middle School-  
11311 Newport Mill Road,  
Kensington

North Bethesda Middle School-  
8935 Bradmoor Street,  
Bethesda

Poole, John Middle School-  
17014 Tom Fox Avenue,  
Poolesville

## PARKS (LP, NP, PC)

Brookside Gardens-  
1800 Glenallen Avenue,  
Wheaton

Lynnbrook Local Park-  
8008 Newdale Drive,  
Bethesda

Meadowbrook Local Park-  
7901 Meadowbrook Lane,  
Chevy Chase

Meadowood Local Park-  
12810 New Hampshire Avenue,  
Colesville

Norbeck-Muncaster Mill Neighborhood  
Park-4101 Muncaster Mill Road,  
Norbeck

North Four Corners Local Park-  
211 Southwood Avenue,  
Silver Spring

Norwood Local Park-  
4700 Norwood Road,  
Bethesda

Olney Manor Recreational Park-  
16601 Georgia Avenue,  
Olney

Quince Orchard Valley Neighborhood  
Park-12015 Suffolk Terrace,  
Gaithersburg

Spencerville Local Park-  
15701 Good Hope Road,  
Spencerville

Stoneybrook Local Park-  
4105 Havard Street,  
Wheaton

## COMMUNITY CENTERS (CC)

Bauer Drive Community Center-  
14625 Bauer Drive,  
Rockville

Clara Barton Community Center-  
7425 MacArthur Boulevard,  
Cabin John

Damascus Community Recreation  
Center-25520 Oak Drive,  
Damascus

East County Community Center-  
3310 Gateshead Manor Way,  
Silver Spring

Fairland Community Center-  
14906 Old Columbia Pike,  
Burtonsville

Germantown Community Center-  
18905 Kingsview Drive,  
Germantown

Gilchrist Center for Cultural Diversity-  
11319 Elkin Street,  
Wheaton

Gwendolyn Coffield Community  
Center-2450 Lyttonsville Road,  
Silver Spring

Leland Community Center-  
4301 Willow Lane,  
Chevy Chase

Long Branch Community Center-  
8700 Piney Branch Road,  
Silver Spring

Longwood Community Center-  
19300 Georgia Avenue,  
Brookeville

Potomac Community Center-  
11315 Falls Road,  
Potomac

Ross Boddy Community Center-  
18529 Brooke Road,  
Sandy Spring

Upper County Community Center-  
8201 Emory Grove Road,  
Gaithersburg

Wheaton Community Center-  
11711 Georgia Avenue,  
Wheaton

## SENIOR CENTERS (SrC)

Holiday Park Senior Center-  
3950 Ferrara Drive,  
Wheaton

Schweinhaut Senior Center-  
1000 Forest Glen Road,  
Silver Spring

## POOLS (P, AqC, SwC)

Bethesda Pool-Little Falls Parkway,  
Bethesda

Germantown Indoor Swim Center-  
18000 Central Park Cir,  
Boys

Germantown Outdoor Pool-  
18905 Kings View Drive,  
Germantown

Long Branch Pool-  
8700 Piney Branch Road,  
Silver Spring

Martin Luther King Outdoor Pool-  
1201 Jackson Road,  
Silver Spring

Martin Luther King Swim Center-  
1201 Jackson Road,  
Silver Spring

Montgomery Aquatic Center-  
5900 Executive Boulevard,  
N. Bethesda

Olney Swim Center-  
16601 Georgia Avenue,  
Olney

Upper County Pool-  
8211 Emory Grove Road,  
Gaithersburg

Western County Pool-  
20151 Fisher Avenue,  
Poolesville

Wheaton/Glenmont Pool-  
12621 Dalewood Drive,  
Wheaton

## LIBRARIES

Wheaton Regional Library-  
11701 Georgia Avenue,  
Wheaton

## OTHER FACILITIES

Create Arts Center-  
816 Thayer Avenue,  
Silver Spring

MCRD Offices-  
4010 Randolph Road,  
Silver Spring

Olney Manor Skate Park-  
16605 Georgia Avenue,  
Olney

Up County Government Building-  
12900 Middlebrook Road,  
Germantown



## S U M M E R   P A R K S   P R O G R A M S

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Registration Information



*It's all right here!*



# From the Chairman



## MONTGOMERY COUNTY PLANNING BOARD

THE MARYLAND-NATIONAL CAPITAL PARK AND PLANNING COMMISSION

### OFFICE OF THE CHAIRMAN

Summer 2007

Dear Montgomery County Resident:

Finally! It's safe to pack away the coats and sweaters, put on your shorts and join us outside to play in one (or more!) of your 401 Montgomery County Parks. Don't get me wrong—there's plenty to do and see in the Parks all year long—but the possibilities are bigger and better than ever in the late spring and summer.

What can you do in the Parks?

Archeology  
Cooking  
Fishing  
Herpetology (reptiles!)  
Ice Skating  
Kayaking  
Nature Trips  
Summer Camps

Bird Watching  
Crafts  
Gardening  
Hiking  
In-Line Skating  
Meteorology  
Outdoor Movies  
Swimming

Camping  
Entomology (bugs!)  
Geology  
Ice Hockey  
Jewelry-making  
Miniature Golf  
Stargazing  
Tennis (Indoor & Outdoor)

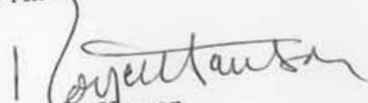
The better question might be what *can't* you do? You might be surprised to see some of the activities listed above, but believe me, that's just a fraction of the fun available in Montgomery County Parks!

I encourage you to look through this Guide carefully and get yourself, your family, and friends outside to explore the wonders of the award-winning Park system that's waiting for you.

Also, please remember that we have a Fee Reduction program for qualified Montgomery County residents. If you qualify, you can save 50% on the fees at a number of different Park facilities and programs. For more information about this program, please call 301-495-2530, or visit our online registration system at [www.ParkPASS.org](http://www.ParkPASS.org).

Get active, learn something new, and have fun this summer—come play in the Parks!

All the best,

  
Royce Hanson  
Chairman

# Check Out What's in Your Backyard!

## RECREATIONAL FACILITIES

### Black Hill Boats

Black Hill Regional Park, 20920 Lake Ridge Drive, Boyds, MD 20841 | 301-972-6157 | [www.blackhillboats.com](http://www.blackhillboats.com)

### Cabin John Miniature Train

Cabin John Regional Park, 7410 Tuckerman Lane, Rockville, MD 20852 | 301-469-7835 | [www.cabinjohntrain.com](http://www.cabinjohntrain.com)

### Lake Needwood Boats

Rock Creek Regional Park, 15700 Lake Needwood Circle, Rockville, MD 20855 | 301-948-0501  
[www.lakeneedwoodboats.com](http://www.lakeneedwoodboats.com)

### Little Bennett Campground

Little Bennett Regional Park, 23701 Frederick Road, Clarksburg, MD 20871  
301-972-9222  
[www.littlebennettcampground.com](http://www.littlebennettcampground.com)



### South Germantown Splash Park and Mini-Golf

South Germantown Recreational Park, 18056 Central Park Circle, Boyds, MD 20841 | 301-601-3580  
[www.sgermantownsplashandgolf.com](http://www.sgermantownsplashandgolf.com)

### Wheaton Miniature Train and Carousel

Wheaton Regional Park, 2000 Shorefield Road, Wheaton, MD 20902 | 301-942-6703  
[www.wheatontrainandcarousel.com](http://www.wheatontrainandcarousel.com)

## PUBLIC GARDENS

### Brookside Gardens ParkPASS

Wheaton Regional Park, 1800 Glenallan Avenue, Wheaton, MD 20902 | 301-962-1400 | fax: 301-962-7878  
[www.brooksidegardens.org](http://www.brooksidegardens.org)

### McCrillis Gardens ParkPASS\*

6910 Greentree Road, Bethesda, MD 20817  
301-962-1455 | [www.mccrillsgardens.org](http://www.mccrillsgardens.org)

\*For botanical illustration classes only.



## NATURE FACILITIES

### Black Hill Visitor Center ParkPASS

Black Hill Regional Park, 20926 Lake Ridge Drive, Boyds, MD 20841  
301-916-0220 | fax: 301-515-9520  
[www.blackhillnature.org](http://www.blackhillnature.org)

### Brookside Nature Center ParkPASS

Wheaton Regional Park, 1400 Glenallan Avenue, Wheaton, MD 20902 | 301-946-9071 | fax: 301-962-8476  
[www.brooksidenature.org](http://www.brooksidenature.org)

### Meadowside Nature Center ParkPASS

Rock Creek Regional Park, 5100 Meadowside Lane, Rockville, MD 20855 | 301-924-4141 | fax: 301-924-1034  
[www.meadowsidenature.org](http://www.meadowsidenature.org)

### Locust Grove Nature Center ParkPASS

Cabin John Regional Park, 7777 Democracy Boulevard, Bethesda, MD 20817 | 301-299-1990  
fax: 301-469-0759 | [www.locustgrovenature.org](http://www.locustgrovenature.org)

**ParkPASS** Go to any ParkPASS designated facility to register for classes and programs held at that facility, or at any other facility that uses the ParkPASS system. You can also open a ParkPASS account at these designated locations.

## TENNIS CENTERS

### Cabin John Tennis ParkPASS

Cabin John Regional Park, 7801 Democracy Boulevard, Bethesda, MD 20817  
301-469-7300 | fax: 301-365-7527  
[www.cabinjohntennis.com](http://www.cabinjohntennis.com)

### Wheaton Tennis ParkPASS

Wheaton Regional Park, 11715 Orebaugh Avenue, Wheaton, MD 20902  
301-649-4049 | fax: 301-649-1576  
[www.wheatontennis.com](http://www.wheatontennis.com)



## TRAILS

For information on our trail system and to download trail maps, visit **[www.montgomerytrails.org](http://www.montgomerytrails.org)**

## EVENT CENTERS

[www.WeHaveTheWhere.com](http://www.WeHaveTheWhere.com)

### Brookside Gardens

Wheaton Regional Park, 1800 Glenallan Ave., Wheaton, MD 20902 | 301-962-1400 | fax: 301-962-7878



### Lodge at Little Seneca Creek

14500-A Clopper Road, Boyds, MD 20841 | 301-299-5026

### Rockwood Manor

11001 MacArthur Boulevard, Potomac, MD 20854 | 301-299-5026

### Woodlawn Manor

16501 Norwood Road, Sandy Spring, MD 20860 | 301-299-5026

## ICE RINKS

### Cabin John Ice Rink ParkPASS

Cabin John Regional Park, 10610 Westlake Drive, Rockville, MD 20852 | 301-365-2246 | fax: 301-469-6196  
[www.cabinjohnice.com](http://www.cabinjohnice.com)

### Wheaton Ice Arena and Outdoor Ice Rink ParkPASS

Wheaton Regional Park, 11717 Orebaugh Avenue, Wheaton, MD 20902 | 301-649-3640 | fax: 301-649-2424  
[www.wheatonicearena.com](http://www.wheatonicearena.com)

## IMPORTANT PARK PHONE NUMBERS

**General Information** | 301-495-2595

**Volunteer Services Office** | 301-495-2504

**To Reserve Ballfields/Shelters** | 301-495-2525

**To Report Problems/Needed Repairs** | 301-670-8080

**Park Police Emergencies** | 301-949-3010

**Park Police Non-Emergencies** | 301-949-8010

### Park-Specific Questions:

Bethesda/Chevy Chase Area	Olney Area
301-299-0024 or	301-774-6255
301-650-2600	Potomac Area
Colesville Area	301-299-0024
301-622-1193	Rockville Area
Damascus Area	301-299-0024
301-972-6581	Silver Spring Area
Gaithersburg Area	301-650-2600
301-670-8014	Takoma Park Area
Germantown Area	301-650-2600
301-972-9396	Wheaton Area
Kensington Area	301-680-3803
301-650-2600	



# Come Play <sup>in</sup> the Parks!

Decisions, decisions... how to choose when everything is fun?



## Opening Days

Date	Facility	Time	Location	Cost	For More Information
May 1	<b>Wheaton Miniature Train</b> (open daily)	10am-5:30pm	Wheaton Regional Park	\$1.50 per ride 10 tickets \$13	301-942-6703 wheatontrainandcarousel.com
May 1	<b>Wheaton Carousel</b> (open daily)	10am-5:30pm	Wheaton Regional Park	\$1.50 per ride 10 tickets \$13	301-942-6703 wheatontrainandcarousel.com
May 5-June 2	<b>Guided Garden Walks</b>	Saturdays, 2pm	Brookside Gardens	Free	301-962-1400/brooksidegardens.org
May 5-May 27	<b>Guided Garden Walks</b>	Sundays, 2pm	McCrillis Gardens	Free	301-962-1400/mccrillisgardens.org
May 30	<b>South Germantown Mini-Golf</b> (weekends only until 5/30)	M-Th 4-8pm Fri 4-8pm Sat 10am-9pm Sun 10am-8pm	Boys, MD	\$4 per person per round	301-601-3580 sgermantownsplashandgolf.com
May 30	<b>Black Hill Boats</b> (weekends only until 5/30)	W-F Noon-6pm Sat/Sun 6:30am-6pm	Black Hill Regional Park Boys, MD	Call for rates	301-972-9396 blackhillboats.com
May 30	<b>Lake Needwood Boats</b> (weekends only until 5/30)	W-F Noon-5:30pm Sat/Sun 6:30am-6pm	Rock Creek Regional Park Derwood, MD	Call for rates	301-948-0501 lakeneedwoodboats.com
May 29	<b>South Germantown Splash Park</b> (5/26-5/28: Sat-Mon 10am-7pm)	M-F 4pm-7pm Sat/Sun 10am-7pm	Boys, MD	\$4 per person	301-601-3580 sgermantownsplashandgolf.com
June 1	<b>Cabin John Miniature Train</b> (weekends only until June 1)	10am-4:30pm daily	Cabin John Regional Park Rockville, MD	\$1.50 per ride 10 tickets \$13	301-469-7835 cabinjohntrain.com

## Displays & Shows

Date	Display/Show	Time	Location	Cost	For More Information
Through September 16	<b>"Wings of Fancy"</b> Live Butterfly Exhibit	10am-4pm	Brookside Garden Conservatories	\$4 ages 3-12; \$5 ages 13& up	301-962-1453 brooksidegardens.org
June 23- August 3	<b>"Botanica 2007"</b> The Art & Science of Plants	9am-5pm	Brookside Gardens Visitors Center	Free	301-962-1400 brooksidegardens.org
Through September 23	<b>Summer Conservatory Display</b> Conservatories	10am-5pm	Brookside Gardens	Free	301-962-1400 brooksidegardens.org





## Special Events

Date	Event	Time	Location	Cost	For More Information
May 12	<b>"African-American Foodways"</b> Lecture by Michael Twitty	1-3pm	Oakley Cabin Brookeville, MD	Free	301-258-4044 oakleycabin.org
May 18-20	<b>Women's Spring Outdoor Retreat</b>	Fri 4pm-Sun pm	Rockwood Manor Potomac, MD	\$225 dorm room \$275 semi-private	301-299-5026 wehavethewhere.com
May 19 & 20	<b>Rachel Carson Greenway/ 100th Birthday Celebration</b>	see website for event times	see website for event locations	Free	montgomerytrails.org
Tuesday nights June 5-26	<b>Summer Twilight Concert Series</b> Pop/rock, R&B, Latin & Big Band	6:30-8pm	Brookside Gardens see website for artists	Free	301-962-1400 brooksidegardens.org
June 9	<b>Lake Needwood Boathouse Grand Re-Opening</b>	11am-4pm	Rock Creek Regional Park Rockville, MD	Free	301-948-5053 lakeneedwoodboats.com
June 9	<b>Customer Appreciation Day and Skate Swap</b>	4pm-6pm 3pm-6pm	Cabin John Ice Rink	Free skating & skate rental	301-365-2246 cabinjohnice.com
June 10	<b>Customer Appreciation Day and Skate Swap</b>	2:30-4:30pm 2:30-4:30pm	Wheaton Ice Arena	Free skating & skate rental	301-649-3640 wheatonicearena.com
June 16	<b>Tree-ia-ge: Tree Maintenance Day</b> (demonstrations & advice)	10am-3pm	Brookside Gardens	Free	301-962-1400 brooksidegardens.org
June 16	<b>"Healthy Challenge" Competition</b> (as seen in <i>The Gazette</i> )	8am-10am	Recreational Park South Germantown	Free	montgomeryparks.org 301-495-2595
June 23 & 24	<b>Montgomery Co. Heritage Days</b> Music, art, history, hikes & more!	Noon-4pm	Agricultural History Farm Park and other MoCo sites	Free	301-515-0753 montgomeryheritage.org
July 4	<b>Red, White &amp; Blue Skate</b>	Noon-2pm 3:30-5:30pm	Wheaton Ice Arena	\$6 for skating & skate rental	301-649-3640 wheatonicearena.com
July 4	<b>Germantown Glory July 4th Celebration</b>	7:30pm 9:15pm fireworks	South Germantown Recreational Park	Free	240-777-6820 montgomerycountymd.gov/rec
July 4	<b>Wheaton Sparkles July 4th Celebration</b>	4pm activities 7:30pm concert 9:30 fireworks	Wheaton Regional Park	Free	240-777-6820 montgomerycountymd.gov/rec
July 4	<b>Miniature Golf &amp; Splash-a-Thon!</b>	10am-8pm	South Germantown Recreational Park	\$5 for 2 rounds of golf + unlimited splashing!	301-601-3580 sgermantownsplashandgolf.com
July 13	<b>Teen Skate Night</b>	8pm-10pm	Wheaton Ice Arena	\$5 for skating & skate rental	301-649-3640 wheatonicearena.com
July 13	<b>Family Sing-Along</b>	1pm-3pm	Oakley Cabin Brookeville, MD	Free	301-563-3400 oakleycabin.org
August 10	<b>Teen Skate Night</b>	8pm-10pm	Wheaton Ice Arena	\$5 for skating & skate rental	301-649-3640 wheatonicearena.com

[www.MontgomeryParks.org](http://www.MontgomeryParks.org)



# Brookside Gardens

www.brooksidegardens.org

1800 Glenallan Avenue, Wheaton, MD 20902

Brookside Gardens



## TREE-IMAGE: TREE MAINTENANCE DAY

Saturday, June 16  
10:00am-3:00pm

Join us for a day of free outdoor demonstrations and expert advice on urban tree health care and maintenance.

During the demonstra-

tions you will learn how to care for that special big tree in your back yard and how to prune the small ornamental tree in the front yard. Enjoy climbing demonstrations by certified arborists and hands-on pruning, too. Experts will be available throughout the day to answer questions on tree care, pests and diseases. Dress for the weather and bring a blanket on which to sit during the demonstrations.

For more information, call 301-962-1400 or visit [www.brooksidegardens.org](http://www.brooksidegardens.org)

**Climbing Demonstrations**  
10:00AM, 12:00 NOON, 2:00PM

**Pruning Demonstrations**  
11:00AM & 1:00PM

**SATURDAY, JUNE 30**  
BROOKSIDE GARDENS

Will Close to the  
Public at 2pm  
to host the  
**AMERICAN PUBLIC  
GARDEN ASSOCIATION  
NATIONAL CONFERENCE**

## Summer Twilight Concert Series

Back by popular demand! Join us for a series of musical evenings surrounded by the beauty of the gardens! All concerts are FREE of charge and no registration is required. New this year, **York Castle Tropical Ice Creams** will be sold during the concerts! Performances will be located in the Gude Garden. Visitors are welcome to bring chairs or blankets on which to sit in the grass.

For more information, call 301-962-1400 or visit [www.brooksidegardens.org](http://www.brooksidegardens.org)

### The RTTs

Tuesday, June 5, 6:30-8:00pm

Americana, roots rock, and pop combine into an infectious blend of musical fun for the whole family.



### The Moonlighters

Tuesday, June 12, 6:30-8:00pm

Playing a lively repertoire of music from the 1950s.

### Latin Soul

Tuesday, June 19, 6:30-8:00pm

Authentic salsa, rhumba, merengue, cha-cha, bachata, boleros, and more!

### Olney Big Band

Tuesday, June 26, 6:30-8:00pm

American big band dance and swing.

## Wings of Fancy

### Live Butterfly Exhibit

Saturday, May 5 through Sunday, September 16



Brookside Gardens welcomes new Asian butterflies to the Wings of Fancy. More than 30 species of Asian butterflies will join our Costa Rican and North American butterflies in flight in the only international exhibit in the metropolitan area. Be surrounded by butterflies flying freely among the tropical flowering nectar plants. Learn about the butterfly life cycle.

10:00am to 4:00pm daily.

Fees: \$5.00 adults; \$4.00 ages 3-12  
Brookside Gardens South Conservatory

Groups of 15 or more by appointment only; call 301-962-1467 for reservations. We regret that we are unable to accommodate strollers in the Butterfly exhibit. To volunteer at the exhibit, call 301-962-1429. **Wings of Fancy Hotline: 301-962-1453**

*World of Flight* 



# Brookside Gardens

## Adult Programs

We regret that it is not possible to include babies or children in classes designed for adults.

### Butterfly & Garden Photography

Join Josh Taylor of Archphoto Workshops to photograph colorful butterflies in Brookside Gardens' Conservatory and blooming flowers in the outdoor garden spaces. In a two-session workshop, learn how to capture striking images of butterflies and flowers, and the use of basic photographic equipment to capture memorable images. Includes illustrated handouts and prints and a two-hour shooting session in the Conservatory with the instructor. The final session of the workshop will be a formal critique of participants' photographs (in the Visitors Center Adult Classroom).

Note: Participants should have a working knowledge of their camera, and bring ALL photo equipment to both sessions, including a digital memory card or film, extra batteries, and camera manual. A tripod is optional, but highly recommended.

29399 18yrs&up 2 Classes \$44 6/2 Sa 8:00am-10:00am

### Pure Yoga

Join Liz Chabra, who has 15 years experience as a yoga instructor, in the practice of Pure Yoga. There are myriad reasons to take yoga, ranging from building strength and flexibility to melting stress to honing powers of concentration. In Pure Yoga we develop both body and mind, deepening awareness of the connection between them. As subtle and challenging as this can be, our classes remain light-hearted and fun. All participants must bring yoga mat, block, strap, and blanket. Please do not eat at least 3 hours prior to class -- a light snack like fruit is permitted. Class level 1-2; some yoga experience is preferred.

35038 18yrs&up 8 Classes \$100 6/4 M 6:15pm-7:30pm

### Watercolor Note Cards

Martha Knouss, Watercolorist, is back to teach this wonderful workshop by popular demand! Create a set of four book-mark note cards using photographs as inspiration. This will make a perfect gift for your favorite bookworm. Bring your favorite floral photographs (or use ours) and learn a simple technique for making watercolor flower portraits. Appropriate textured paper and envelopes, plus basic paints and brushes will be provided.

30703 18yrs&up 1 Class \$32 6/7 Th 9:30am-12:00pm

### Focus on Butterflies!

Don't miss this opportunity to have the butterfly exhibit to yourself - almost! On this special morning, a limited number of photographers (10) will be welcomed (with their tripods) into the conservatory to photograph Brookside's remarkable butterflies prior to the show opening to the public.

30775 18yrs&up 1 Class \$20 6/30 Sa 8:00am-10:00am  
30776 18yrs&up 1 Class \$20 7/14 Sa 8:00am-10:00am  
30777 18yrs&up 1 Class \$20 7/21 Sa 8:00am-10:00am  
30778 18yrs&up 1 Class \$20 7/28 Sa 8:00am-10:00am  
30779 18yrs&up 1 Class \$20 8/4 Sa 8:00am-10:00am  
30780 18yrs&up 1 Class \$20 8/18 Sa 8:00am-10:00am

## Butterfly Exhibit Volunteers Needed at Brookside Gardens

DOCENTS share information about butterflies with visitors and enforce USDA regulations to ensure butterflies do not escape from the exhibit room. TOUR GUIDES share information more formally by meeting groups and giving guided tours, primarily to young school-aged students. HOUSE GARDENERS work to install and maintain plants in the exhibit. TICKET TAKERS greet visitors as they arrive and collect tickets already purchased in the gift shops. For more information about these and other volunteer opportunities, please contact Ellen Hartranft at 301-962-1429 or [ellen.hartranft@mncppc-mc.org](mailto:ellen.hartranft@mncppc-mc.org).

## Children's Programs

### Brookside Storytime

Participate and listen to nature and seasonal stories that will encourage a child's imagination and creativity. Each week a different story will be read, followed by a hands-on craft.

32061 3-6yrs 1 Class FREE 6/2 Sa 10:00am-10:30am  
35949 3-6yrs 1 Class FREE 6/2 Sa 10:30am-11:00am  
32062 3-6yrs 1 Class FREE 6/9 Sa 10:00am-10:30am  
35950 3-6yrs 1 Class FREE 6/9 Sa 10:30am-11:00am

### Flower Buds

This program will feature gardening activities, stories, crafts, and garden walks for children (ages 3 to 5) with a parent. Please register and pay only for the child.

31907 3-5yrs 1 Class \$3 6/11 M 10:30am-11:30am  
31908 3-5yrs 1 Class \$3 7/9 M 10:30am-11:30am  
31909 3-5yrs 1 Class \$3 8/13 M 10:30am-11:30am

## School of Botanical Art & Illustration

The Brookside Gardens School of Botanical Art & Illustration provides a comprehensive botanical drawing and painting curriculum. Instruction starts at the beginner level and follows a designated sequence of subjects. The school, located at McCrillis Gardens, Bethesda, Maryland, also offers a certificate program. Call 301-962-1470 for more information.

### Summer Samplers

#### Start Drawing & Painting Plants

For beginners through experienced artists.

31900 18yrs&up 3 Classes \$142 6/6 W 6:30pm-9:30pm

#### Ferns For All

Day 1: drawing & field study; Day 2: painting.

31901 18yrs&up 2 Classes \$116 7/7 Sa 10:00am-2:00pm







## Ice Skating Classes

Ice skating and hockey lessons for all ages and abilities are offered at Cabin John Ice Rink and Wheaton Ice Arena. Course fees include either six 30-minute lessons or six 45-minute lessons. All lessons include a card for six practice sessions to be used during any public skating session, and the use of rental skates for both lessons and practices. Practice cards are valid only during the six-week lesson period until the start of the next lesson period. Practice cards are non-transferable, non-refundable, and lost cards will not be replaced.

Please read all course descriptions carefully. Select the course level for which the student has mastered all the prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. There are no make-ups or refunds for missed lessons.

Please note for all skating classes: Arrive at facility 15-20 minutes early on the first day. Pick up your practice card. Proceed to the skate exchange and pick up your skates ½ to 1 size smaller than your shoes and wear one pair of thin socks. Locate your class. Hats and especially gloves are strongly suggested for protection against falls. Helmets are highly recommended for our beginner skaters.

**Registration begins May 15 for classes at Wheaton Ice Arena and on June 11 for classes at Cabin John Ice Rink. No registrations will be processed prior to these dates.**

Registrations are accepted in person, by mailing or faxing the registration form to the facility, by phone via our IVR system (301-962-1477), or by Internet ([www.ParkPASS.org](http://www.ParkPASS.org)). See registration form on the inside back cover. Sign up early to ensure best availability.

### Tot

The Tot curriculum is designed for children 3-4 that would like to gain skating experience. Covers falling down and getting up, marching, swizzles, two-foot glides, and snowplow stops.

#### Tot 1

Students will learn the proper way to fall down and stand up, marching and marching while moving. Proper skate fitting will also be covered. Bicycle helmets strongly recommended for beginners.

#### Cabin John Ice Rink

34349	3-4yrs	6 Classes	\$87	7/11	W	10:00am-10:30am
34350	3-4yrs	6 Classes	\$87	7/12	Th	4:00pm-4:30pm
34351	3-4yrs	6 Classes	\$87	7/14	Sa	10:00am-10:30am
34352	3-4yrs	6 Classes	\$87	7/15	Su	1:00pm-1:30pm

#### Wheaton Ice Arena

33407	3-4yrs	3 Classes	\$44	6/9	Sa	10:15am-10:45am
33414	3-4yrs	6 Classes	\$87	7/12	Th	4:15pm-4:45pm
33403	3-4yrs	6 Classes	\$87	7/14	Sa	10:15am-10:45am
33415	3-4yrs	6 Classes	\$87	7/14	Sa	10:45am-11:15am
33416	3-4yrs	6 Classes	\$87	7/15	Su	11:45am-12:15pm

#### Tot 2

Prerequisite Tot 1. Students will learn two-foot jump in place, forward swizzles (moving and standing still), and beginning two-foot glide. Bicycle helmets strongly recommended for beginners.

#### Cabin John Ice Rink

33999	3-4yrs	6 Classes	\$87	7/11	W	4:00pm-4:30pm
34000	3-4yrs	6 Classes	\$87	7/14	Sa	10:00am-10:30am
34353	3-4yrs	6 Classes	\$87	7/15	Su	1:30pm-2:00pm

#### Wheaton Ice Arena

35150	3-4yrs	6 Classes	\$87	7/12	Th	4:15pm-4:45pm
35149	3-4yrs	6 Classes	\$87	7/14	Sa	10:45am-11:15am
35151	3-4yrs	6 Classes	\$87	7/15	Su	11:45am-12:15pm

#### Tot 3

Prerequisite Tot 2. Students will learn forward swizzles, push and glide stroking, dip and preparation for the snow plow stop.

#### Cabin John Ice Rink

34354	3-4yrs	6 Classes	\$87	7/9	M	4:00pm-4:30pm
34355	3-4yrs	6 Classes	\$87	7/14	Sa	10:30am-11:00am
34356	3-4yrs	6 Classes	\$87	7/15	Su	1:00pm-1:30pm

### Parent and Tot Ice Skating

This class will focus on introducing beginning skating skills to toddlers ages 3-5. Parents must have basic skating skills and be willing to participate in on-ice activities with their child. Skills taught include falling down and getting up, marching and marching while moving. Proper skate fitting will also be covered. This class is recommended for those children who would like the extra support of Mom or Dad. Bicycle Helmet highly recommended for beginners. Please register only the child. Course fee includes one child and one parent.

#### Cabin John Ice Rink

34359	3-5yrs	6 Classes	\$87	7/10	Tu	10:00am-10:30am
34360	3-5yrs	6 Classes	\$87	7/14	Sa	9:00am-9:30am



*Lease an hour of ice time for your party, practices, or school groups. Call the facility for more information.*

## Pre-Alpha

Designed for beginners or those with minimal ice skating experience. Participants will learn how to properly tie and fit skates, fall down and get up, march, glide on two feet, swizzle forward and wiggle backward.

### Pre-Alpha, Preschool

#### Cabin John Ice Rink

34361	4-6yrs	6 Classes	\$87	7/9	M	4:00pm-4:30pm
34362	4-6yrs	6 Classes	\$87	7/10	Tu	10:30am-11:00am
34363	4-6yrs	6 Classes	\$87	7/10	Tu	5:15pm-5:45pm
34364	4-6yrs	6 Classes	\$87	7/11	W	4:30pm-5:00pm
34365	4-6yrs	6 Classes	\$87	7/12	Th	10:00am-10:30am
34366	4-6yrs	6 Classes	\$87	7/12	Th	5:15pm-5:45pm
34367	4-6yrs	6 Classes	\$87	7/13	F	4:30pm-5:00pm
34368	4-6yrs	6 Classes	\$87	7/14	Sa	9:00am-9:30am
34369	4-6yrs	6 Classes	\$87	7/14	Sa	11:00am-11:30am
34370	4-6yrs	6 Classes	\$87	7/14	Sa	12:15pm-12:45pm
34371	4-6yrs	6 Classes	\$87	7/15	Su	11:30am-12:00pm
34372	4-6yrs	6 Classes	\$87	7/15	Su	2:15pm-2:45pm

#### Wheaton Ice Arena

34549	3-6yrs	6 Classes	\$87	6/11	MWF	3:45pm-4:15pm
34001	3-6yrs	6 Classes	\$87	7/16	MWF	3:45pm-4:15pm
34550	3-6yrs	6 Classes	\$87	7/30	MWF	3:45pm-4:15pm
34010	4-6yrs	3 Classes	\$44	6/7	Th	5:00pm-5:30pm
34002	4-6yrs	3 Classes	\$44	6/9	Sa	10:15am-10:45am
34003	4-6yrs	3 Classes	\$44	6/10	Su	10:30am-11:00am
34014	4-6yrs	6 Classes	\$87	7/12	Th	5:00pm-5:30pm
34012	4-6yrs	6 Classes	\$87	7/14	Sa	10:15am-10:45am
34013	4-6yrs	6 Classes	\$87	7/15	Su	10:30am-11:00am

### Pre-Alpha, Youth

#### Cabin John Ice Rink

34373	7-12yrs	6 Classes	\$87	7/10	Tu	4:30pm-5:00pm
34374	7-12yrs	6 Classes	\$87	7/11	W	6:00pm-6:30pm
34375	7-12yrs	6 Classes	\$87	7/12	Th	10:00am-10:30am
34376	7-12yrs	6 Classes	\$87	7/13	F	4:30pm-5:00pm
34377	7-12yrs	6 Classes	\$87	7/14	Sa	9:30am-10:00am
34378	7-12yrs	6 Classes	\$87	7/14	Sa	12:15pm-12:45pm
34379	7-12yrs	6 Classes	\$87	7/15	Su	12:30pm-1:00pm
34380	7-12yrs	6 Classes	\$87	7/15	Su	2:15pm-2:45pm

#### Wheaton Ice Arena

34018	6-12yrs	3 Classes	\$44	6/7	Th	5:00pm-5:30pm
34020	6-12yrs	3 Classes	\$44	6/9	Sa	10:15am-10:45am
34021	6-12yrs	3 Classes	\$44	6/10	Su	10:30am-11:00am
34552	6-12yrs	6 Classes	\$87	6/11	MWF	3:45pm-4:15pm
34029	6-12yrs	6 Classes	\$87	7/12	Th	5:00pm-5:30pm
34027	6-12yrs	6 Classes	\$87	7/14	Sa	10:15am-10:45am
34028	6-12yrs	6 Classes	\$87	7/15	Su	10:30am-11:00am
34015	6-12yrs	6 Classes	\$87	7/16	MWF	3:45pm-4:15pm
34551	6-12yrs	6 Classes	\$87	7/30	MWF	3:45pm-4:15pm

### Pre-Alpha, Teen

#### Cabin John Ice Rink

34381	13-17yrs	6 Classes	\$87	7/10	Tu	6:15pm-6:45pm
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#### Wheaton Ice Arena

35172	13-17yrs	6 Classes	\$87	7/14	Sa	10:15am-10:45am
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### Pre-Alpha, Adult

#### Cabin John Ice Rink

34032	18yrs&up	6 Classes	\$87	7/12	Th	7:45pm-8:15pm
34033	18yrs&up	6 Classes	\$87	7/14	Sa	8:30am-9:00am

#### Wheaton Ice Arena

35173	18yrs&up	6 Classes	\$87	7/14	Sa	10:15am-10:45am
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## Pre-Alpha Plus

Prerequisite Pre-Alpha. Participants will learn forward stroking, one-foot glides, forward swizzles with a 2-foot glide, backward swizzles and be introduced to snowplow stops.

### Pre-Alpha Plus, Preschool

#### Cabin John Ice Rink

34382	4-6yrs	6 Classes	\$87	7/9	M	5:00pm-5:30pm
34383	4-6yrs	6 Classes	\$87	7/10	Tu	5:45pm-6:15pm
34384	4-6yrs	6 Classes	\$87	7/11	W	10:30am-11:00am
34385	4-6yrs	6 Classes	\$87	7/11	W	5:30pm-6:00pm
34386	4-6yrs	6 Classes	\$87	7/12	Th	4:00pm-4:30pm
34387	4-6yrs	6 Classes	\$87	7/13	F	5:30pm-6:00pm
34388	4-6yrs	6 Classes	\$87	7/14	Sa	9:30am-10:00am
34389	4-6yrs	6 Classes	\$87	7/14	Sa	10:30am-11:00am
34390	4-6yrs	6 Classes	\$87	7/14	Sa	12:45pm-1:15pm
34391	4-6yrs	6 Classes	\$87	7/15	Su	11:30am-12:00pm

#### Wheaton Ice Arena

34036	3-6yrs	6 Classes	\$87	6/11	MWF	4:15pm-4:45pm
34555	3-6yrs	6 Classes	\$87	7/16	MWF	4:15pm-4:45pm
34556	3-6yrs	6 Classes	\$87	7/30	MWF	4:15pm-4:45pm
34046	4-6yrs	3 Classes	\$44	6/7	Th	5:30pm-6:00pm
34040	4-6yrs	3 Classes	\$44	6/9	Sa	10:15am-10:45am
34041	4-6yrs	3 Classes	\$44	6/10	Su	11:15am-11:45am
34047	4-6yrs	6 Classes	\$87	7/12	Th	5:30pm-6:00pm
34048	4-6yrs	6 Classes	\$87	7/14	Sa	10:15am-10:45am
34049	4-6yrs	6 Classes	\$87	7/15	Su	11:15am-11:45am

### Pre-Alpha Plus, Youth

#### Cabin John Ice Rink

34392	7-12yrs	6 Classes	\$87	7/10	Tu	6:15pm-6:45pm
34393	7-12yrs	6 Classes	\$87	7/11	W	10:30am-11:00am
34394	7-12yrs	6 Classes	\$87	7/11	W	5:30pm-6:00pm
34395	7-12yrs	6 Classes	\$87	7/12	Th	6:15pm-6:45pm
34396	7-12yrs	6 Classes	\$87	7/13	F	5:30pm-6:00pm
34397	7-12yrs	6 Classes	\$87	7/14	Sa	9:00am-9:30am
34398	7-12yrs	6 Classes	\$87	7/15	Su	1:30pm-2:00pm

#### Wheaton Ice Arena

34056	6-12yrs	3 Classes	\$44	6/7	Th	5:30pm-6:00pm
34058	6-12yrs	3 Classes	\$44	6/9	Sa	10:15am-10:45am
34059	6-12yrs	3 Classes	\$44	6/10	Su	11:15am-11:45am
34052	6-12yrs	6 Classes	\$87	6/11	MWF	4:15pm-4:45pm
34065	6-12yrs	6 Classes	\$87	7/12	Th	5:30pm-6:00pm
34063	6-12yrs	6 Classes	\$87	7/14	Sa	10:15am-10:45am
34064	6-12yrs	6 Classes	\$87	7/15	Su	11:15am-11:45am
34553	6-12yrs	6 Classes	\$87	7/16	MWF	4:15pm-4:45pm
34053	6-12yrs	6 Classes	\$87	7/30	MWF	4:15pm-4:45pm

### Pre-Alpha Plus, Teen

#### Cabin John Ice Rink

34399	13-17yrs	6 Classes	\$87	7/10	Tu	6:45pm-7:15pm
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#### Wheaton Ice Arena

35174	13-17yrs	6 Classes	\$87	7/14	Sa	10:15am-10:45am
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### Pre-Alpha Plus, Adult

#### Cabin John Ice Rink

34400	18yrs&up	6 Classes	\$87	7/12	Th	7:45pm-8:15pm
34401	18yrs&up	6 Classes	\$87	7/14	Sa	8:30am-9:00am

#### Wheaton Ice Arena

34070	18yrs&up	3 Classes	\$44	7/14	Sa	10:15am-10:45am
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## Now Hiring Part-Time Staff

Part-time positions are available at Cabin John and Wheaton Ice Rinks for Cashiers and Rink Guards. We'll train you! For information, contact the facility manager at the rink nearest you.

## Alpha

Prerequisite Pre-Alpha Plus. Students will learn proper forward stroking, forward crossovers & snowplow stops.

### Alpha, Preschool

#### Cabin John Ice Rink

34084	4-6yrs	6 Classes	\$87	7/10	Tu	4:30pm-5:00pm
34085	4-6yrs	6 Classes	\$87	7/11	W	5:00pm-5:30pm
34402	4-6yrs	6 Classes	\$87	7/12	Th	10:30am-11:00am
34403	4-6yrs	6 Classes	\$87	7/12	Th	4:30pm-5:00pm
34404	4-6yrs	6 Classes	\$87	7/13	F	5:00pm-5:30pm
34086	4-6yrs	6 Classes	\$87	7/14	Sa	9:30am-10:00am
34087	4-6yrs	6 Classes	\$87	7/14	Sa	11:45am-12:15pm
34088	4-6yrs	6 Classes	\$87	7/15	Su	12:30pm-1:00pm

#### Wheaton Ice Arena

34072	3-6yrs	6 Classes	\$87	6/11	MWF	5:00pm-5:30pm
34557	3-6yrs	6 Classes	\$87	7/16	MWF	5:00pm-5:30pm
34558	3-6yrs	6 Classes	\$87	7/30	MWF	5:00pm-5:30pm
34073	4-6yrs	3 Classes	\$44	6/7	Th	6:15pm-6:45pm
34076	4-6yrs	3 Classes	\$44	6/9	Sa	10:45am-11:15am
34077	4-6yrs	3 Classes	\$44	6/10	Su	11:15am-11:45am
34080	4-6yrs	6 Classes	\$87	7/12	Th	6:15pm-6:45pm
34081	4-6yrs	6 Classes	\$87	7/12	Th	4:15pm-4:45pm
34082	4-6yrs	6 Classes	\$87	7/14	Sa	10:45am-11:15am
34083	4-6yrs	6 Classes	\$87	7/15	Su	11:15am-11:45am

### Alpha, Youth

#### Cabin John Ice Rink

34405	7-12yrs	6 Classes	\$87	7/9	M	4:30pm-5:00pm
34406	7-12yrs	6 Classes	\$87	7/10	Tu	5:15pm-5:45pm
34407	7-12yrs	6 Classes	\$87	7/11	W	6:00pm-6:30pm
34408	7-12yrs	6 Classes	\$87	7/12	Th	10:30am-11:00am
34409	7-12yrs	6 Classes	\$87	7/12	Th	5:45pm-6:15pm
34410	7-12yrs	6 Classes	\$87	7/13	F	5:00pm-5:30pm
34411	7-12yrs	6 Classes	\$87	7/14	Sa	9:00am-9:30am
34412	7-12yrs	6 Classes	\$87	7/14	Sa	11:45am-12:15pm
34413	7-12yrs	6 Classes	\$87	7/15	Su	12:30pm-1:00pm

#### Wheaton Ice Arena

34093	6-12yrs	3 Classes	\$44	6/7	Th	6:15pm-6:45pm
34095	6-12yrs	3 Classes	\$44	6/9	Sa	10:45am-11:15am
34096	6-12yrs	3 Classes	\$44	6/10	Su	11:15am-11:45am
34089	6-12yrs	6 Classes	\$87	6/11	MWF	5:00pm-5:30pm
34098	6-12yrs	6 Classes	\$87	7/12	Th	6:15pm-6:45pm
34100	6-12yrs	6 Classes	\$87	7/14	Sa	10:45am-11:15am
34101	6-12yrs	6 Classes	\$87	7/15	Su	11:15am-11:45am
34559	6-12yrs	6 Classes	\$87	7/16	MWF	5:00pm-5:30pm
34560	6-12yrs	6 Classes	\$87	7/30	MWF	5:00pm-5:30pm

### Alpha, Teen

#### Cabin John Ice Rink

34414	13-17yrs	6 Classes	\$87	7/10	Tu	7:30pm-8:00pm
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#### Wheaton Ice Arena

34105	12-17yrs	3 Classes	\$44	6/9	Sa	10:15am-10:45am
34104	12-17yrs	6 Classes	\$87	7/14	Sa	10:15am-10:45am

### Alpha, Adult

#### Cabin John Ice Rink

34415	18yrs&up	6 Classes	\$87	7/12	Th	8:15pm-8:45pm
34416	18yrs&up	6 Classes	\$87	7/14	Sa	9:00am-9:30am

#### Wheaton Ice Arena

34106	18yrs&up	3 Classes	\$44	6/9	Sa	10:15am-10:45am
34107	18yrs&up	6 Classes	\$87	7/14	Sa	10:15am-10:45am

## Beta

Prerequisite Alpha. Students will learn backward stroking, backward crossovers and t-stops. Forward crossovers will also be reviewed.

### Beta, Preschool

#### Cabin John Ice Rink

34417	4-6yrs	6 Classes	\$87	7/9	M	4:30pm-5:00pm
34418	4-6yrs	6 Classes	\$87	7/10	Tu	4:00pm-4:30pm
34419	4-6yrs	6 Classes	\$87	7/11	W	4:30pm-5:00pm
34420	4-6yrs	6 Classes	\$87	7/12	Th	5:45pm-6:15pm
34421	4-6yrs	6 Classes	\$87	7/13	F	4:30pm-5:00pm
34422	4-6yrs	6 Classes	\$87	7/14	Sa	9:30am-10:00am
34423	4-6yrs	6 Classes	\$87	7/15	Su	12:00pm-12:30pm

### Beta, Youth

#### Cabin John Ice Rink

34424	7-12yrs	6 Classes	\$87	7/9	M	5:00pm-5:30pm
34425	7-12yrs	6 Classes	\$87	7/10	Tu	5:45pm-6:15pm
34426	7-12yrs	6 Classes	\$87	7/11	W	5:00pm-5:30pm
34427	7-12yrs	6 Classes	\$87	7/12	Th	4:30pm-5:00pm
34428	7-12yrs	6 Classes	\$87	7/13	F	5:00pm-5:30pm
34429	7-12yrs	6 Classes	\$87	7/14	Sa	9:00am-9:30am
34430	7-12yrs	6 Classes	\$87	7/14	Sa	11:00am-11:30am
34431	7-12yrs	6 Classes	\$87	7/15	Su	12:00pm-12:30pm
34432	7-12yrs	6 Classes	\$87	7/15	Su	2:15pm-2:45pm

### Beta, Teen

#### Cabin John Ice Rink

34434	13-17yrs	6 Classes	\$87	7/10	Tu	7:30pm-8:00pm
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### Beta, Adult

#### Cabin John Ice Rink

34435	18yrs&up	6 Classes	\$87	7/12	Th	8:15pm-8:45pm
34436	18yrs&up	6 Classes	\$87	7/14	Sa	9:00am-9:30am

### Beta, All Ages

#### Wheaton Ice Arena

34115	All Ages	3 Classes	\$44	6/7	Th	6:15pm-6:45pm
34117	All Ages	3 Classes	\$44	6/9	Sa	10:45am-11:15am
34118	All Ages	3 Classes	\$44	6/10	Su	10:30am-11:00am
34114	All Ages	6 Classes	\$87	6/11	MWF	3:45pm-4:15pm
34120	All Ages	6 Classes	\$87	7/12	Th	6:15pm-6:45pm
34122	All Ages	6 Classes	\$87	7/14	Sa	10:45am-11:15am
34123	All Ages	6 Classes	\$87	7/15	Su	10:30am-11:00am
34565	All Ages	6 Classes	\$87	7/16	MWF	3:45pm-4:15pm
34566	All Ages	6 Classes	\$87	7/30	MWF	3:45pm-4:15pm

Visit us at [www.wheatonicearena.com](http://www.wheatonicearena.com)





## Gamma

Prerequisite Beta. Students will learn forward outside and inside edges, forward outside and inside 3-turns and be taught hockey stops.

### Gamma, Preschool

#### Cabin John Ice Rink

34437	4-6yrs	6 Classes	\$87	7/11	W	4:00pm-4:30pm
34438	4-6yrs	6 Classes	\$87	7/14	Sa	9:30am-10:00am

### Gamma, Youth

#### Cabin John Ice Rink

34439	7-12yrs	6 Classes	\$87	7/9	M	5:30pm-6:00pm
34440	7-12yrs	6 Classes	\$87	7/11	W	4:00pm-4:30pm
34441	7-12yrs	6 Classes	\$87	7/12	Th	5:15pm-5:45pm
34442	7-12yrs	6 Classes	\$87	7/14	Sa	9:30am-10:00am
34443	7-12yrs	6 Classes	\$87	7/14	Sa	12:45pm-1:15pm
34444	7-12yrs	6 Classes	\$87	7/15	Su	12:00pm-12:30pm

### Gamma, Teen

#### Cabin John Ice Rink

34445	13-17yrs	6 Classes	\$87	7/12	Th	7:15pm-7:45pm
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### Gamma, Adult

#### Cabin John Ice Rink

34446	18yrs&up	6 Classes	\$87	7/12	Th	8:45pm-9:15pm
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### Gamma, All Ages

#### Wheaton Ice Arena

34131	All Ages	3 Classes	\$44	6/7	Th	6:45pm-7:15pm
34134	All Ages	3 Classes	\$44	6/9	Sa	10:45am-11:15am
34133	All Ages	3 Classes	\$44	6/10	Su	10:30am-11:00am
34128	All Ages	6 Classes	\$87	6/11	MWF	5:00pm-5:30pm
34138	All Ages	6 Classes	\$87	7/14	Sa	10:45am-11:15am
34139	All Ages	6 Classes	\$87	7/15	Su	10:30am-11:00am
34563	All Ages	6 Classes	\$87	7/16	MWF	5:00pm-5:30pm
34564	All Ages	6 Classes	\$87	7/30	MWF	5:00pm-5:30pm

## Delta

Prerequisite Gamma. Students will learn forward inside mohawks, backward mohawks, bunny hop, lunge and shoot the duck. Students will also learn a crossover/mohawk combination and review skills from Gamma.

### Delta, Preschool

#### Cabin John Ice Rink

34447	4-6yrs	6 Classes	\$87	7/11	W	5:00pm-5:30pm
34448	4-6yrs	6 Classes	\$87	7/14	Sa	9:30am-10:00am

### Delta, Youth

#### Cabin John Ice Rink

34449	7-12yrs	6 Classes	\$87	7/9	M	5:30pm-6:00pm
34450	7-12yrs	6 Classes	\$87	7/10	Tu	4:00pm-4:30pm
34451	7-12yrs	6 Classes	\$87	7/14	Sa	9:30am-10:00am
34452	7-12yrs	6 Classes	\$87	7/15	Su	1:00pm-1:30pm

### Delta, Teen

#### Cabin John Ice Rink

34453	13-17yrs	6 Classes	\$87	7/12	Th	7:15pm-7:45pm
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### Delta, Adult

#### Cabin John Ice Rink

34454	18yrs&up	6 Classes	\$87	7/12	Th	8:45pm-9:15pm
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### Delta, All Ages

#### Wheaton Ice Arena

34149	All Ages	3 Classes	\$44	6/7	Th	6:15pm-6:45pm
34150	All Ages	3 Classes	\$44	6/9	Sa	10:45am-11:15am
34147	All Ages	6 Classes	\$87	6/11	MWF	4:15pm-4:45pm
34153	All Ages	6 Classes	\$87	7/12	Th	6:15pm-6:45pm
34155	All Ages	6 Classes	\$87	7/14	Sa	10:45am-11:15am
34156	All Ages	6 Classes	\$87	7/15	Su	10:30am-11:30am
34561	All Ages	6 Classes	\$87	7/16	MWF	4:15pm-4:45pm
34562	All Ages	6 Classes	\$87	7/30	MWF	4:15pm-4:45pm

## Freestyle

### Freestyle 1

Prerequisite Delta. Students will learn forward inside pivot, two-foot spin, beginning one-foot spin, forward spiral, back edges, ½ flip and a waltz jump.

#### Cabin John Ice Rink

34455	5yrs&up	6 Classes	\$141	7/11	W	6:45pm-7:30pm
34456	5yrs&up	6 Classes	\$141	7/14	Sa	10:15am-11:00am

#### Wheaton Ice Arena

34158	5yrs&up	3 Classes	\$48	6/7	Th	6:45pm-7:15pm
34157	5yrs&up	6 Classes	\$96	7/12	Th	6:45pm-7:15pm

### Freestyle 2

Prerequisite Freestyle 1. Students will learn a ballet jump, ½ lutz jump, 1 foot forward scratch spin, 2 forward spirals on different edges and a dance step sequence.

#### Cabin John Ice Rink

33399	5yrs&up	6 Classes	\$141	7/11	W	7:30pm-8:15pm
33400	5yrs&up	6 Classes	\$141	7/14	Sa	10:15am-11:00am

#### Wheaton Ice Arena

33402	5yrs&up	3 Classes	\$48	6/7	Th	6:45pm-7:15pm
33401	5yrs&up	6 Classes	\$96	7/12	Th	6:45pm-7:15pm

### Freestyle 3

Prerequisite Freestyle 2. Students will learn backward pivots, salchow jump, toe loop jump, change foot spin, back spiral, back 3-turns and a dance step sequence.

#### Cabin John Ice Rink

34458	18yrs&up	6 Classes	\$141	7/10	Tu	9:30pm-10:15pm
34457	5yrs&up	6 Classes	\$141	7/14	Sa	10:15am-11:00am

#### Wheaton Ice Arena

35181	18yrs&up	3 Classes	\$48	6/7	Th	6:45pm-7:15pm
35165	18yrs&up	6 Classes	\$96	7/12	Th	6:45pm-7:15pm



Visit us online at [www.cabinjohnice.com](http://www.cabinjohnice.com)

**Freestyle 4**

Prerequisite Freestyle 3. Students will learn flip jump, loop jump, sit spin, and 2 back spirals on different edges. In order to complete this level the student must also pass the dance step sequence class, which is offered separately.

**Cabin John Ice Rink**

34459 5yrs&up 6 Classes \$141 7/14 Sa 11:00am-11:45am

**Wheaton Ice Arena**

35182 5yrs&up 3 Classes \$48 6/7 Th 7:15pm-7:45pm

35166 5yrs&up 6 Classes \$96 7/12 Th 7:15pm-7:45pm

**Freestyle 4/5 Dance Step**

Prerequisite: passed Freestyle 3 and above. Students must pass this specialty class in order to complete both Freestyle 4 and 5 group levels. Students will learn the dance step sequence patterns for both Freestyle 4 and 5.

**Cabin John Ice Rink**

34460 5yrs&up 6 Classes \$96 7/14 Sa 10:30am-11:00am

**Freestyle 5**

Prerequisite Freestyle 4. Students will learn lutz jump, axel jump, camel spin, combination spin (camel-sit-upright), and a fast back stretch spin. In order to complete this level, the student must also pass the dance step sequence class, which is offered separately.

**Cabin John Ice Rink**

34462 5yrs&up 6 Classes \$141 7/14 Sa 11:00am-11:45am

**Wheaton Ice Arena**

35183 5yrs&up 3 Classes \$48 6/7 Th 7:15pm-7:45pm

35167 5yrs&up 6 Classes \$96 7/12 Th 7:15pm-7:45pm

**Freestyle 6**

Prerequisite Freestyle 5. Students will learn split, falling leaf, or stag jump, combination jumps, double salchow, layback, and spin combinations.

**Wheaton Ice Arena**

35184 5yrs&up 3 Classes \$48 6/7 Th 7:15pm-7:45pm

35169 5yrs&up 6 Classes \$96 7/12 Th 7:15pm-7:45pm

**Freestyle 7**

Prerequisite Freestyle 6. Students will learn combination jumps, jumps in opposite directions, flying camel spins, and sequenced double toe loops and double toe walleys.

**Wheaton Ice Arena**

35185 5yrs&up 3 Classes \$48 6/7 Th 7:15pm-7:45pm

35168 5yrs&up 6 Classes \$96 7/12 Th 7:15pm-7:45pm

**Specialty Offerings****Moves/Edges**

These classes are designed for the Delta level and higher skater. Classes are designed to emphasize power, edge quality, extension of line and quickness or preciseness of skating movements. USFS moves in the field patterns will also be covered.

**Moves/Edges, Beginning****Cabin John Ice Rink**

34463 8yrs&up 6 Classes \$141 7/10 Tu 8:00pm-8:45pm

**Moves/Edges, Intermediate****Cabin John Ice Rink**

34464 8yrs&up 6 Classes \$141 7/10 Tu 8:45pm-9:30pm

**Wheaton Ice Arena**

35186 5yrs&up 3 Classes \$48 6/7 Th 6:45pm-7:15pm

35170 5yrs&up 6 Classes \$96 7/12 Th 6:45pm-7:15pm

**Off Ice Conditioning**

Muscle strengthening and jump execution control.

**Wheaton Ice Arena**

35171 5yrs&up 6 Classes \$87 7/12 Th 7:45pm-8:15pm

**Customer Appreciation Days!**

To thank our wonderful patrons, we've planned a special day just for you.

- ✦ **FREE SKATING!**
- ✦ **FREE SKATE RENTALS!**
- ✦ **10% off at the Pro Shop**

Get 10% off all purchases of \$50 or more all day long at our Pro Shops today.

- ✦ **SKATE SWAP!**

Bring your gently used equipment and outfits, and buy, sell or trade!

**Cabin John:** June 9, 3:00-6:00pm

**Wheaton:** June 10, 2:30-4:30pm

Come to one, or both!

**Cabin John Ice Rink**

**Saturday, June 9**

**4:00-6:00pm**

Capacity: 450 skaters

Spectators welcome!

cabinjohnice.com

**Wheaton Ice Arena**

**Sunday, June 10**

**2:30-4:30pm**

Capacity: 400 skaters

Spectators welcome!

wheatonicearena.com



# Ice Skating/Hockey

## Hockey - Beginner

Students will learn the fundamentals of hockey skating and stick handling. Some hockey equipment required. Please contact facility or visit website for details.

### Wheaton Ice Arena

34035	4yrs&up	3 Classes	\$44	6/9	Sa	10:45am-11:15am
34034	4yrs&up	3 Classes	\$44	7/14	Sa	10:45am-11:15am

## Hockey - Initiation

Students will learn skating skills, hockey drills, and game rules. Full hockey gear required.

### Wheaton Ice Arena

34051	4yrs&up	3 Classes	\$48	6/10	Su	9:45am-10:30am
34050	4yrs&up	3 Classes	\$68	7/15	Su	9:45am-10:30am

## Mitey Mites Hockey 1

Prerequisite - Passed Pre-Alpha or Tot 3 in HOCKEY skates. Skills taught include holding stick correctly, stand in place & hop, forward skating using both feet with glide, introduce snowplow stop, forward swizzles, back wiggles, one foot glide, superman slide. Equipment required - Caged helmet, flat stick, hockey gloves, hockey skates (hockey rental skates, if needed), elbow pads, knee pads and cup.

### Cabin John Ice Rink

35018	4-5yrs	6 Classes	\$87	7/12	Th	4:00pm-4:30pm
35019	4-5yrs	6 Classes	\$87	7/14	Sa	10:00am-10:30am
35020	6-8yrs	6 Classes	\$87	7/10	Tu	4:45pm-5:15pm
35021	6-8yrs	6 Classes	\$141	7/14	Sa	9:15am-10:00am

## Mitey Mites Hockey 2

Prerequisite - Passed Pre-Alpha Plus in HOCKEY skates OR Mitey Mites 1. Skills taught include forward skating with stick, one foot strides, one foot snowplow stops, forward crossover walks, 1 foot glides, forward swizzles with glide in between, back swizzles and superman slide moving. Equipment required - Caged helmet, flat stick, hockey gloves, hockey skates (hockey rental skates, if needed), elbow pads, knee pads and cup.

### Cabin John Ice Rink

35022	4-8yrs	6 Classes	\$141	7/10	Tu	5:15pm-6:00pm
35023	4-8yrs	6 Classes	\$141	7/12	Th	4:30pm-5:15pm
35024	4-8yrs	6 Classes	\$141	7/14	Sa	8:30am-9:15am

## Mitey Mites Hockey 3

Prerequisite - Mitey Mites 2. Skills taught include back swizzles with 2 foot glide, introduction to forward power turn, forward c-cuts, forward crossovers, hockey stop introduction, forward skating while pushing puck and stationary stick handling. Equipment required - Caged helmet, flat stick, hockey gloves, hockey skates (hockey rental skates, if needed), elbow pads, knee pads, shin guards, hockey pants and cup.

### Cabin John Ice Rink

35025	4-8yrs	6 Classes	\$141	7/10	Tu	4:00pm-4:45pm
35026	4-8yrs	6 Classes	\$141	7/12	Th	5:15pm-6:00pm
35027	4-8yrs	6 Classes	\$141	7/14	Sa	7:45am-8:30am

## Mitey Mites Hockey 4

Prerequisite - Mitey Mites 3. Skills taught include forward skating dribbling puck, forward skating backhand only with stick, forward crossovers in a figure 8 pattern, back c-cuts, back crossovers, 2-foot 3 turn, hockey stop and back V stop. Equipment required - Caged helmet, flat stick, hockey

gloves, hockey skates (hockey rental skates, if needed), elbow pads, knee pads, shin guards, hockey pants and cup.

### Cabin John Ice Rink

35399	4-8yrs	6 Classes	\$141	7/13	F	3:45pm-4:30pm
35400	4-8yrs	6 Classes	\$141	7/14	Sa	7:45am-8:30am

## Mitey Mites Hockey 5

Prerequisite - Mitey Mites 4. Skills taught include forward power skating with proper strides and stick handling, alternating forward crossovers, back crossovers in a figure 8 pattern, forward edges, forward inside Mohawks, back skating with stick and puck, back inside Mohawk and power turns. Equipment required - Caged helmet, curved blade on stick, hockey gloves, hockey skates (hockey rental skates, if needed), elbow pads, knee pads, shin guards, hockey pants and cup.

### Cabin John Ice Rink

35401	4-8yrs	6 Classes	\$141	7/14	Sa	7:45am-8:30am
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## Hockey 1

Prerequisite - passed Pre-Alpha in HOCKEY skates. Skills taught include forward stroking, one-foot stride with recovery, forward 2-foot swizzles with a glide, one-foot glides, walking crossovers, snowplow stops, backward swizzles and an introduction to forward c-cuts. Equipment required - caged helmet, flat stick, hockey gloves, hockey skates (rentals available), elbow pads shin guards and cup.

### Cabin John Ice Rink

35028	9yrs&up	6 Classes	\$87	7/14	Sa	8:00am-8:30am
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## Hockey 2

Prerequisite - passed Pre-Alpha Plus in HOCKEY skates. Skills taught include stationary stickhandling, forward skating with recovery alternating feet, forward c-cuts on a circle, forward crossovers, one-foot snowplow stop, back swizzles with a 2 foot glide and an introduction to back c-cuts. Equipment required - caged helmet, flat stick, hockey gloves, hockey skates (rentals available), elbow pads shin guards and cup.

### Cabin John Ice Rink

35029	9yrs&up	6 Classes	\$141	7/14	Sa	9:15am-10:00am
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## Hockey 3

Prerequisite - passed Alpha or above in HOCKEY skates. Skills taught include forward skating with puck forehand & backhand, dribbling puck, crossovers on figure eight, back c-cuts, back shuffle stride, back crossovers on a circle, back crossovers straight down ice, hockey stops, v-stops, power turns, 2 foot 3-turn, forward edges. Equipment required - caged helmet, flat stick, hockey gloves, hockey skates (rentals available), elbow pads shin guards and cup.

### Cabin John Ice Rink

35030	9yrs&up	6 Classes	\$141	7/14	Sa	8:30am-9:15am
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## Hockey 4

Prerequisite - passed Beta or above in HOCKEY skates. Skills taught include forward skating with puck forehand & backhand, dribbling puck, crossovers on figure eight, back c-cuts, back shuffle stride, back crossovers on a circle, back crossovers straight down ice, hockey stops, v-stops, power turns, 2 foot 3-turn, forward edges. Equipment required - caged helmet, flat stick, hockey gloves, hockey skates (rentals available), elbow pads shin guards and cup.

### Cabin John Ice Rink

35031	9yrs&up	6 Classes	\$141	7/14	Sa	8:30am-9:15am
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## Parent and Tot Hockey

A great introduction to hockey for parents and their children (ages 3-5). What's better than learning to pass the puck to mom or dad? Basic skating and stick handling skills will be covered. Children must have passed Tot 1 or 2 before registering. Equipment required - bike helmet (or caged hockey helmet), knee pads, elbow pads and any type of gloves. Rental hockey skates are available and sticks are provided. Please register only the child. Course fee includes one child and one parent.

### Cabin John Ice Rink

35017	3-5yrs	6 Classes	\$87	7/14	Sa	8:30am-9:00am
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## Trips & Excursions

### *Great Cow & Ice Cream Adults Van Trip*

We explore the udderly fascinating natural history of cows, learn breeds and sample ice cream. We move on to the Mooseum at South Germantown Park, then visit the South Mountain Creamery for a behind the scenes tour of the dairy, calf feeding and ice cream making! FOBH \$16

#### **Black Hill Visitor Center**

34953 18yrs&up 1 Class \$20 6/2 Sa 8:00am-6:00pm

### *Family Van Trip*

#### *Perry the Ram & Animals*

Travel to Sunny View Farm to meet and feed Perry who is a Soay ram. This heritage breed is one of the first domesticated sheep in the world and is one of the most threatened breeds in the world and originates from a 245 acre volcanic island! It is really a STONE AGE sheep! Meet Perry's dwarf African pygmy goat friends who have uniquely twisted horns and very amusing antics! Pet the fuzzy wool of gentle and kind sheep - Rachel, Daniel, Brianne and Nicole. Give them a tasty corn treat lunch. Child must be accompanied by a parent or guardian; both pay the fee. FOBH \$5.

#### **Black Hill Visitor Center**

34955 6yrs&up 1 Class \$8 6/7 Th 11:00am-1:00pm

### *Van Trip*

#### *Diamondback Terrapin Sanctuary*

Register early on ParkPASS for this popular trip! We'll meet Marguerite Whilden, former fisheries biologist for MD-DNR and founder of the Diamondback Terrapin Institute. She will give us a behind-the-scenes tour of her turtle rescue and rearing facility. We will see live turtles and learn about conservation measures to protect them. After lunch, we'll visit the protected 'Living Shoreline' areas to see where our increasingly rare Maryland state turtle comes ashore to dig nests and lay eggs. Dress for indoors and outdoors. Bring your own binoculars and a bag lunch with drink. Naturalist Denise Gibbs. FOBH \$16

#### **Black Hill Visitor Center**

34949 18yrs&up 1 Class \$20 6/11 M 8:00am-5:00pm

### *Family Van Trip Magical Fireflies*

Catch the magic of fireflies and all things that glow in the dark! Start the night out right by making the famous, really cool, anatomically correct flying/ glow firefly, then travel by van to the Naturalist's secret mystical spot where you will see thousands of fireflies! Bring your camera and leave with awe! Maybe you will see some flying Fairies mixed in too! FOBH \$10.

#### **Black Hill Visitor Center**

34956 5yrs&up 1 Class \$12 6/13 W 8:30pm-10:45pm

### *Van Trip to Hemlock Gorge*

We will travel by van to Hemlock Gorge along the headwaters of the Gunpowder River above Pretty Boy Reservoir. Then we will take a moderate hike through this lush and rocky gorge of magnificent Hemlocks and cascades. Bring a bag lunch, water, and wear comfortable hiking boots. FOBH \$18

#### **Black Hill Visitor Center**

34863 15yrs&up 1 Class \$20 7/2 M 8:00am-3:00pm

### *Van Trip to Meadowlark Gardens*

Join Naturalist and native plant nursery owner Denise Gibbs to tour the unique native plant collection of this 95-acre botanical gem in Vienna, VA. We'll stroll through the shade garden, wetland garden, butterfly and wildflower gardens to see how native plants may be used in the home landscape. Bring a bag lunch to eat in the picnic pavilion. Dress comfortably for outdoor walking. FOBH \$16

#### **Black Hill Visitor Center**

35056 18yrs&up 1 Class \$20 7/16 M 9:00am-3:00pm

### *Van Trip: Carroll County Farm Museum*

We will visit the historic mid-nineteenth century farmhouse located in Westminster, MD. We will also walk to the Living History Center to observe their on going workshops for young adults. There will also be time to visit the gift shop. We stop for lunch afterwards at a local restaurant and farm market. FOBH: \$16.00

#### **Black Hill Visitor Center**

34799 12yrs&up 1 Class \$20 7/17 Tu 8:30am-3:30pm

### *Van Trip Smithsonian's Naturalist Center*

We'll take the scenic route to the Potomac River, stopping for a short stroll along the C&O Canal Towpath, then crossing at White's Ferry and continuing on to the Smithsonian's Naturalist Center in Leesburg, VA. After a brief orientation by staff, we'll have time to become scientists and explore the hands-on collections of birds, mammals, butterflies and other invertebrates, fossils, bones, minerals & gems, and so many more natural treasures. Bring money for lunch at a local restaurant. Naturalist: Denise Gibb FOBH \$16

#### **Black Hill Visitor Center**

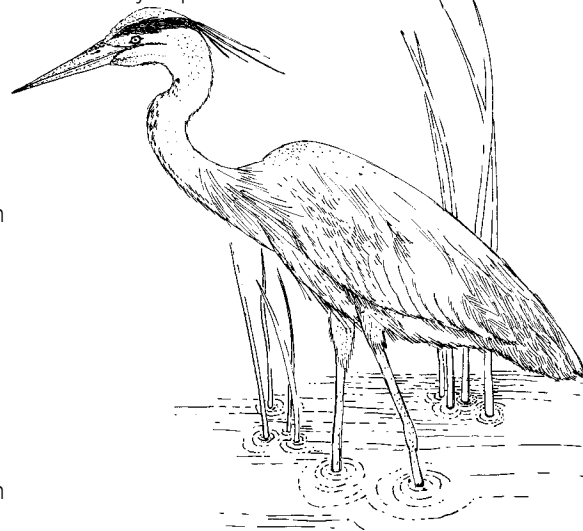
35057 18yrs&up 1 Class \$20 8/14 Tu 8:30am-3:30pm

### *Northern Neck Virginia Van Tour*

Explore the beach and some of the trails at the Westmoreland State Park. After a southern lunch, we'll visit the trails and gardens at Stratford Hall. Please bring money for lunch. Naturalist: Sandy Staples

#### **Meadowside Nature Center**

33684 18yrs&up 1 Class \$30 6/14 Th 8:00am-6:00pm



**Blackwater NWR Van Tour**

We'll cross to the Eastern Shore of Maryland to explore the wildlife at Blackwater National Wildlife Refuge and the Chesapeake Bay Environmental Center with easy hikes in a variety of habitats along the shore of the Chesapeake Bay. Bring binoculars and waterproof shoes. Naturalist: Sandy Staples

**Meadowside Nature Center**

33689 18yrs&up 1 Class \$25 6/26 Tu 8:00am-6:00pm

**Historic Alexandria Van Tour**

We'll visit the George Washington Masonic National Memorial, Carlyle House and Lee Fendall House to explore influences on early American history. Bring money for lunch at Gadsby's Tavern. Naturalist: Sandy Staples

**Meadowside Nature Center**

33506 18yrs&up 1 Class \$27 6/28 Th 8:00am-5:30pm

**Adult Hike At Monocacy Aqueduct**

We'll visit another C&O Canal site along the Potomac River that was only recently on the ten most endangered national historic sites list. The history, the canal and the beauty of this area is unique through our nature's history. Naturalist: Sandy Staples

**Meadowside Nature Center**

33696 18yrs&up 1 Class \$10 7/3 Tu 8:00am-1:30pm

**Jefferson Patterson Park**

We'll tour the Maryland Archeological Conservation Laboratory which houses artifacts collected throughout Maryland that covers a period of 12,000 years. The Visitor Center and trails will provide insight on the lifestyle of Native Americans, early colonists, the War of 1812 and much more. Naturalist: Sandy Staples

**Meadowside Nature Center**

33702 18yrs&up 1 Class \$25 7/6 F 8:00am-5:30pm

**Mt. Vernon Van Tour**

We'll explore the plantation home of George Washington, the new visitor center, the working demonstration farm, and the nearby gristmill. Bring money for lunch at the food court or bring your own lunch for a picnic. Naturalist: Sandy Staples

**Meadowside Nature Center**

33706 18yrs&up 1 Class \$35 7/10 Tu 8:30am-5:00pm

**National Colonial Farm Van Tour**

We'll explore both the history of both Native Americans and middle class colonial farmers and heritage livestock. Walk the trails and visit the demonstration of sustainable organic garden at this National Park across the Potomac River from Mt. Vernon. Bring a bag lunch and drink. Naturalist: Sandy Staples

**Meadowside Nature Center**

33710 18yrs&up 1 Class \$25 7/17 Tu 8:30am-5:30pm

**Sotterly Plantation Van Tour**

We'll visit the only remaining Tidewater plantation with a tour of the 18th century mansion and its gardens overlooking the Patuxent River. After lunch at nearby St. Mary's College, we'll do a walking tour of St. Mary's City, Maryland's first capital. Bring money for lunch. Naturalist: Sandy Staples

**Meadowside Nature Center**

33714 18yrs&up 1 Class \$30 7/24 Tu 8:00am-6:00pm

**Cunningham Falls Van Tour**

We're off to the mountains to explore the flora and fauna in several parks just northwest of Frederick. Wear comfortable walking shoes, a camera and binoculars. Naturalist: Sandy Staples

**Meadowside Nature Center**

33720 18yrs&up 1 Class \$22 7/31 Tu 8:00am-6:00pm

**Adults: Solomons Island**

We'll visit the Calvert Marine Museum to see their new exhibits and after lunch we will tour the Chesapeake Biological Laboratory as we learn about the current research being conducted at this Chesapeake Bay Gateway site.

**Meadowside Nature Center**

33549 18yrs&up 1 Class \$30 8/23 Th 8:00am-6:00pm

Looking for a fun and affordable place to hold a birthday party or other special celebration? Check out Montgomery County Parks!

**Cabin John Ice Rink**

Rent one of our party rooms and skate during a Public Skating session, or rent the Studio Rink and a party room for the maximum skate party experience! **301-365-2246**

**Cabin John Train**

The Basic Package includes rental and set-up of the party room for 2 hours, a book of 10 tickets for rides on the miniature train, and priority seating on the train for your party. Super Party Packages and customized packages are also available. **301-469-7835.**

**South Germantown Splash Park**

Get the Group Rate (30 people or more) and save on admission, and rent the Party Tent to make a really big splash at your bash! **301-601-3581**

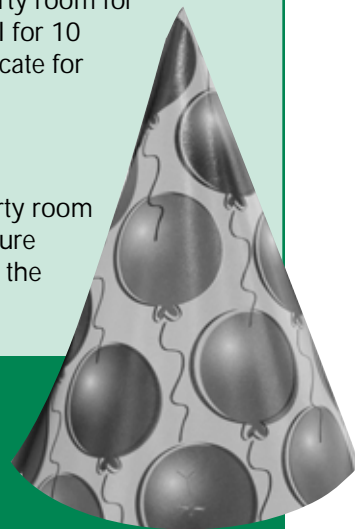
**Wheaton Ice Arena**

Our Party Package includes use of the party room for one hour, plus admission and skate rental for 10 people, party invitations, and a gift certificate for the birthday boy or girl. **301-649-3640**

**Wheaton Train and Carousel**

The Party Package includes use of the party room for 2 hours, 12 tickets for both the miniature train and the carousel, priority seating on the train, and more! **301-942-6703**

*Party in  
the Parks*





# Week in the Park

## Summer Camp 2007

A full week of adventure,  
discovery, creativity and fun!

Sign up your child now for an action-packed "Week in the Park" this summer at Wheaton Regional Park in Wheaton, Maryland.

### Activities include

- > Tennis
- > Ice skating (indoors)
- > Basketball
- > Activities at Brookside Gardens & Brookside Nature Center
- > Hockey
- > Softball
- > Miniature train rides and carousel rides
- > Scavenger hunts
- > Playground group games
- > Make snowpeople!
- > Arts & crafts
- > Nature hikes

### Nine week-long sessions:

June 18 – June 22  
June 25 – June 29  
July 2 – July 6\*  
July 9 – July 13  
July 16 – July 20  
July 23 – July 27  
July 30 – August 3  
August 6 – August 10  
August 13 – August 17  
August 20 – August 24

\* No camp 7/4; cost for this week is pro-rated.

Full-day (9a.m.-5p.m.) and half-day (9am-2pm, or Noon-5pm) sessions are available. Open to children ages 5-15. Extended care (8-9am and 5-6pm) is available.

Call 301-495-2580 for more information, and register online at [www.ParkPASS.org](http://www.ParkPASS.org).

**Montgomery  
Parks**  
M-NCPPC  
*It's all right here!*



## Nature Facilities

Montgomery County Parks has four Nature Facilities throughout different areas of the County. Each offers a unique experience with varied programming, locations, and settings!

### *Black Hill Visitor Center*

Boys, MD 301-916-0220

[www.blackhillnature.org](http://www.blackhillnature.org)

Located on the shores of Little Seneca Lake, Black Hill Visitor Center offers some of the most scenic views in Montgomery County. Join our naturalist staff and share in discoveries that range from scenic vistas to local wildlife, geologic formations, and man's historic and prehistoric past. Learn how to kayak, canoe and fish; observe beavers, bats, fish and over 170 bird species on our wildlife pontoon boat cruise; prowl around in search of salamanders, snakes, frogs, and flying squirrels; and view star clusters, meteor showers and nebulas through our telescopes.

### *Brookside Nature Center*

Wheaton, MD 301-946-9071

[www.brooksidenature.org](http://www.brooksidenature.org)

Nestled within Wheaton Regional Park, Brookside Nature Center offers hands-on, naturalist-led educational experiences for organized groups and the general public. The pioneer homestead, wildlife viewing areas, self-guided trail, accessible interpretive boardwalk, and native landscape gardens add to the center's uniqueness. On-site exhibits showcase local natural and cultural history.

### *Locust Grove Nature Center*

Bethesda, MD 301-299-1990

[www.locustgrovenature.org](http://www.locustgrovenature.org)

Located in Cabin John Regional Park, Locust Grove Nature Center offers natural and cultural history programs for adults and children of all ages. Come visit our live animals exhibits, join us for an educational walk, explore miles of trails through woodlands and meadows, or see what's swimming in Cabin John creek.

### *Meadowside Nature Center*

Rockville, MD 301-924-4141

[www.meadowsidenature.org](http://www.meadowsidenature.org)

Located in Rock Creek Regional Park, Meadowside Nature Center offers hands-on natural and cultural history programs for families, schools, and scouts. Join us for a morning on the lake, or a story time on butterflies or box turtles. Experience life on the farm, take a guided night hike through the woods, enjoy our trails, or visit our owls, hawks and American Bald Eagle in our Raptor Aviaries. Crawl through a bat cave or look at the world from a fish's point of view in our Legacy of the Land exhibit. Enjoy hands-on exhibits and visit live animals in our Curiosity Corner discovery room and Legacy of the People exhibits.

During inclement weather, Nature Facilities follow Montgomery County Public School closures, delayed openings and early releases. If school is closed for inclement conditions, all children's programs are cancelled. Cancellation of adult programs is determined on a case-by-case basis. Please call the nature center to check on adult program status.

### *Volunteer in Parks? Naturally!*

Make plans now to share your time and talents as a Parks Volunteer! It's fun, it's rewarding, and you'll work with great people. There are opportunities for individuals, families, students, groups and businesses. Many positions are Student Service Learning Approved by Montgomery County Schools. You could be part of the "Wings of Fancy" Live Butterfly Exhibit running May through September at Brookside Gardens, or become a mighty Weed Warrior! We're also looking for Gardening Aides, Camp Counselors, Naturalist Aides and Animal Care Aides at our Nature Centers, as well as Historic Docents and Nursery Aides.

Check us out at [www.parksvolunteers.org](http://www.parksvolunteers.org), or call the Volunteer Services Office at 301-495-2504 for more information about these and other Volunteer Opportunities in Parks.





# Black Hill Visitor Center

Black Hill Regional Park  
301-916-0220

20926 Lake Ridge Dr. Boyds, MD 20841  
[www.blackhillnature.org](http://www.blackhillnature.org)

The Center is open daily 11am to 6pm. Trails are open daily 6am to official sunset.  
**Black Hill Visitor Center Trips & Excursions are located on page 114.**

ParkPASS registration required for all programs unless otherwise noted. For group reservations or other assistance, please call 301-916-0220.

Friends of Black Hill Nature Programs receive a discount to the nature programs. The discounted fee is not listed here. Visit [www.parkpass.org](http://www.parkpass.org) to see all the nature program listings and the Friends discounted fees.

## Mixed Ages

**Ages: 0-17 yrs**

### Friday Fishing Club for Youth

Fun, adventure, and camaraderie are all yours when you join the club! Our 'Club House' is the Black Hill Visitor Center Auditorium! We fish Little Seneca Lake from the shore or pontoon boat! FOBH \$3

34950	11-17yrs	1 Classes	\$5	6/15	F	5:00pm-8:30pm
34951	11-17yrs	1 Classes	\$5	7/6	F	5:00pm-8:30pm
34952	11-17yrs	1 Classes	\$5	8/31	F	5:00pm-8:15pm

### School's Out Fishing Workshop & Contest

Maximum fun and excitement as we teach the basics to get you going and catch fish! We'll share tips, techniques and lure choices that will put you on fish! Contest with prizes! Two age groups: 6 - 8 yrs and 10 - 15 yrs. FOBH \$12.

34266	6yrs-15yrs	1 Class	\$14	6/20	W	5:00pm-8:30pm
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### Groundhog Celebration

Join the fun as we enter the underground world of the park's master diggers, nature's living bulldozers! We will have stories, songs, poems, a very furry and cool take home craft, outside burrow and observation hike with spotting scopes, and groundhog approved games with great prizes! We'll even have a chocolate scat snack.

35034	3yrs-12yrs	1 Class	\$10	8/2	Th	10:00am-12:30pm
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### Fly Fishing Workshop For Youth

The Seneca Valley Chapter of Trout Unlimited and the Parks Department are co-sponsoring a free fly fishing workshop and picnic. All equipment, hands-on instruction and picnic foods provided. FREE but ParkPASS registration required.

35016	10-17yrs	1 Class	FREE	7/7	Sa	12:00pm-3:30pm
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## Adults

**Ages: 18 and up**

### After Dark Antler Art

Make some unusual stand-out classy natural jewelry from extremely hard antler cross-sections! We will use quality detailed stamps and ultra fine pens to create the outline of your choice of many interesting insects and other animals! Glow in the dark paint is used to jazz up the drawing creating magical glowing animals including fantastic firefly pins! FOBH \$4

34954	18yrs&up	1 Class	\$6	6/11	M	7:00pm-8:30pm
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### Licking Creek Kayak Adventure

Join our Western mountain adventure as you travel down a remote spectacular clear water small stream lined with massive sycamore trees, scenic farmland, beautiful cliffs and summer wildflowers. FOBH \$35

34957	18yrs&up	1 Class	\$40	6/16	Sa	8:30am-7:30pm
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### A Walk In The Park

We'll walk easy trails to watch the progress of spring. This will be a naturalist's walk, with time to observe, identify and appreciate birds, butterflies, and wildflowers. Locations: 6/20 Ovid Hazen Wells Park; 7/11 Blue Mash Nature Trail; 8/11 Little Bennett Regional Park. Naturalist: Denise Gibbs. FOBH \$3

### Wildflowers & Butterflies Walk

34263	18yrs&up	1 Class	\$4	6/20	W	9:30am-11:30am
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### Dragonflies & Butterflies Walk

34262	18yrs&up	1 Class	\$4	7/11	W	9:30am-11:30am
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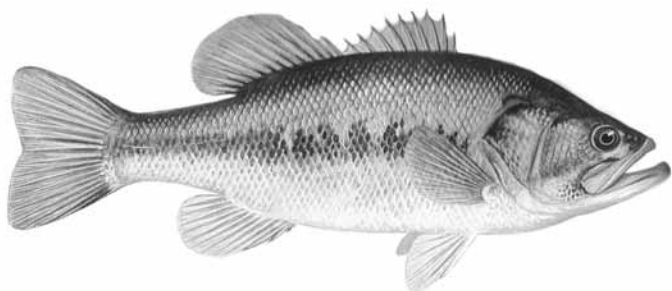
### Ferns & Wildflowers Walk

34264	18yrs&up	1 Class	\$4	8/1	W	9:30am-11:30am
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### Potomac River Kayak Trip

Immerse yourself in the magnificent scenery and wildlife as we follow the paddle strokes, footsteps and engineering efforts of American Indians, pioneers and early industrial commerce of the Potomac River Valley. Eagles, osprey, cormorants and herons are often spotted flying above. Catfish, carp and bass will be swimming below. This trip will be on moving water not to exceed Class I in difficulty. Participants need not have experience on moving water but must have kayak paddling experience as well as be able to be comfortable kayaking in flatwater situations for lengths of time. Participants must be swimmers. FOBH \$35.

34649	18yrs&up	1 Class	\$40	7/28	Sa	8:30am-5:30pm
34650	18yrs&up	1 Class	\$40	8/25	Sa	8:30am-5:30pm



**Adult Studies: Dragonflies For Beginners**

Travel by van to visit local lakes, ponds, marshes and Potomac River to identify dragonflies and observe their behaviors. Take home a field guide and key to dragonflies, insect net and magnifying lens. Binoculars provided. Bring your own lunch and water. Naturalist: Denise Gibbs. FOBH \$85.

35046 18yrs&up 3 Classes \$90 8/6 M,Tu,W 10:00am-3:00pm

**For Women Only Fishing Workshop!**

Fun, adventure and camaraderie as we teach you proper tackle selections, effective fishing techniques for our waters and provide key lures selected over many years of experience! Monday evening we will meet at Black Hill Regional Park Visitor Center and travel by van to Basspro's Outdoor World for an ultimate overview! Wednesday evening, we'll go over tackle, knots, reading the waters and lure selection! your day on the waters will start at Little Seneca Lake for hands-on instruction followed by a van trip to a beautiful river setting for wet wading. FOBH \$45

35037 18yrs&up 3 Classes \$50 8/6 M 6-10:30 pm,  
W 7-10:30pm,  
Sa 9-8:30pm

**Kayak Adventure to Sleepy Hollow Lake**

Fun and adventure awaits you as you cruise this West Virginia jewel. Half the fun will be getting there, traveling along the upper Potomac and into the Appalachian Mountains. Clear emerald water, big fish and big trees all add to the serene stress free getaway, plus we are going to have a shore picnic courtesy of your naturalist guides. FOBH \$35

35042 18yrs&up 1 Class \$40 8/18 Sa 8:00am-8:00pm

**Programs for All****Beginning Recreational Kayaking**

An instructional class to teach beginner paddlers on flat water in recreational solo kayaks. Basic strokes, entries, exits, boat control and familiarization with kayak characteristics, associated equipment and their uses will be covered. No rolling, but assume that you will finish at least partially wet. Patient instruction and all necessary equipment provided. Participants must be swimmers. FOBH \$10.

33854	12yrs&up 1 Class	\$12	6/1	F	6:30pm-8:30pm
33859	12yrs&up 1 Class	\$12	6/2	Sa	9:00am-11:00am
33860	12yrs&up 1 Class	\$12	6/4	M	6:30pm-8:30pm
33855	12yrs&up 1 Class	\$12	6/8	F	6:30pm-8:30pm
33856	12yrs&up 1 Class	\$12	6/23	Sa	9:00am-11:00am
33861	12yrs&up 1 Class	\$12	6/28	Th	6:30pm-8:30pm
33862	12yrs&up 1 Class	\$12	7/7	Sa	9:00am-11:00am
33863	12yrs&up 1 Class	\$12	7/11	W	6:30pm-8:30pm
33864	12yrs&up 1 Class	\$12	7/14	Sa	9:00am-11:00am
33857	12yrs&up 1 Class	\$12	7/26	Th	6:30pm-8:30pm
33858	12yrs&up 1 Class	\$12	8/21	Tu	6:30pm-8:30pm
33866	12yrs&up 1 Class	\$12	8/29	W	6:30pm-8:30pm

**Gourd Birdhouses/Feeders**

Create a birdfeeder or birdhouse from a gourd. Design and paint it especially for your backyard feathered friends. Gourds, patterns and paints supplied. FOBH \$10

34299 16yrs&up 1 Class \$12 6/2 Sa 2:00pm-4:00pm

**A Bird Walk For Families**

Join Beth & Keith Hamilton, birders, educators, and owners of *Wild Birds Unlimited* in Germantown, for an afternoon of bird watching fun. Bring binoculars or borrow ours. Meet at Black Hill Visitor Center. Free but registration required.

35047	6yrs&up	1 Classes	FREE	6/3	Su	1:00pm-2:00pm
35048	6yrs&up	1 Classes	FREE	7/8	Su	1:00pm-2:00pm
35049	6yrs&up	1 Classes	FREE	8/5	Su	1:00pm-2:00pm

**Kayaking Lakeshore Litter Clean-Up**

FREE but ParkPASS registration is required for kayakers only. If you are planning to walk along the lakeshore and do trash pickup rather than kayak, DO NOT register on ParkPASS. Walkers RSVP and leave a message with the number of persons in your party directly to Steve Radov at 301-444-3123. Students/scouts seeking volunteer service hours, please contact Steve Radov as well. Join the Volunteers and Friends of Black Hill Nature Programs to pick up trash along the lakeshore while having fun kayaking. Come and help out for as long as you would like. Bring your own kayak or use one of ours. Must have kayaking experience or come along with someone who does in order to pair-up with them for kayaking. There will be 23 solo and 6 tandem recreational kayaks available for this clean-up effort. These kayaks are recreational boats that do not require rolling, are basically stable, and easy to maneuver. All necessary equipment such as paddles, PFDs aka life vests, and tow-along trash baskets are provided. Children must be accompanied by an adult.

34959 12yrs&up 1 Class FREE 6/10 Su 12:00pm-5:00pm

**Evening Lecture Series**

Join our expert special guest speakers who will present a variety of natural history topics. For ages 12 & up. FOBH \$4.

**Native Wildflowers with Carole Bergmann**

34849 12yrs&up 1 Class \$5 6/12 Tu 7:00pm-8:30pm

**Movie about Global Warming**

Come view the recent Academy Award-winning movie starring our former vice president.

34850 12yrs&up 1 Class FREE 7/17 Tu 7:00pm-8:30pm

**Bats 'N Beavers****Pontoon Boat Cruise**

Meet at Black Hill Boat Rental. Use binoculars we provide to observe beaver lodges, feeding sites, and hopefully to watch beaver swimming and diving. As the sun sets, insectivorous bats begin to appear overhead. Listen as the ultrasonic transducer 'Bat Detector' tells us where the bats are feeding and flying! Skins 'n skulls touch 'n learn presentation. Bring your own snacks and water. Personal Flotation Devices (PDFs aka life vests) will be provided for all passengers. Children under 6 years old are requested to wear them while the boat is underway. No tagalong, underage siblings allowed on pontoon boat programs. Children must be accompanied by adult. Fee is per person; both the child and adult each pay the fee. FOBH \$5

34852	6yrs&up	1 Class	\$6	6/15	F	7:30pm-9:00pm
34857	6yrs&up	1 Class	\$6	6/22	F	7:30pm-9:00pm
34853	6yrs&up	1 Class	\$6	6/25	M	7:30pm-9:00pm
34856	6yrs&up	1 Class	\$6	7/12	Th	7:30pm-9:00pm
34858	6yrs&up	1 Class	\$6	7/27	F	7:00pm-8:30pm
34859	6yrs&up	1 Class	\$6	7/30	M	7:00pm-8:30pm
34860	6yrs&up	1 Class	\$6	8/22	W	7:00pm-8:30pm



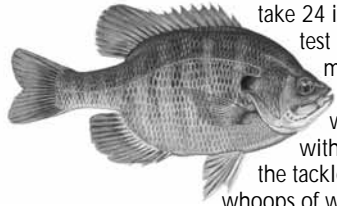




### Gold Panning

Catch gold fever, a fun obsession with no cure as we teach you how to pan for Gold and cool off in Rock Run! You keep what you find! Tasty golden snack surprise. FOBH \$10  
34958 10yrs&up 1 Class \$12 6/19 T 9:00am-12:00pm

### Monster Bluegills On Micro Tackle



Join us for the ultimate in finesse, ultra light fishing as we take 24 inch ice fishing rods spooled up with 2 lb. test line to catch Giant Bluegills and Crappie and maybe a big bass from under the pontoon boat dock. you have to see it to believe it. you will be amazed at the big fish you can catch with these micro rods and reels. We supply all the tackle and bait, you supply the finesse and whoops of wonder. Better bring a camera. FOBH \$6  
34961 8yrs&up 1 Class \$8 7/3 Tu 6:00pm-8:00pm

### Astronomy: Venus & Saturn Conjunction

Not to be missed spectacular, very close conjunction (close pairing) of brilliant Venus and awe inspiring Saturn, plus the wondrous Nebulas and Star Cluster of the Central Hub of the Milky Way Galaxy! Vol. amateur astronomer operated scopes and Mega Binoculars. Milky Way bars served  
34960 6yrs&up 1 Classes FREE 7/1 Su 9:00pm-11:00pm

### River Kayaking Essentials Course

Naturalist Ken Umbarger teaches beginning paddlers the essentials for recreational kayaking on gentle flowing rivers. Essential strokes, entries and exits (wet and dry), boat control, reading the water, maneuvering in and out of currents, self-rescue, river hazards, transport of kayaks, kayak equipment and use will be covered. Fee includes use of boat, paddle, PFD, dry bag, and van transportation to nearby river for instruction on Class I moving water. Participants must be swimmers. FOBH \$35  
34200 12yrs&up 1 Class \$40 7/5 Th 8:00am-5:30pm

### Sherbet Ice Cream Pontoon Boat Cruise

Sit back and savor cool, refreshing sherbet in different fruity flavors as you cruise the lake catching the breeze. Enjoy the singing birds, colorful butterflies, flashing dragonflies, basking turtles and beautiful wildflowers. FOBH \$4.  
34267 3yrs&up 1 Classes \$5 7/5 Th 10:00am-11:30am

### Friends Of Black Hill Monthly Meetings

Free, no registration required. The public is invited to attend the monthly meeting of the members of the Black Hill Friends of Nature Programs. The Black Hill Friends Group supports and promotes nature programs and special events offered through the Black Hill Visitor Center. Join in the discussion involving park programming and issues. A short presentation on a natural history topic will be provided by a Black Hill naturalist. Meet at Black Hill Visitor Center.

35053 6yrs&up 1 Class FREE 6/26 Tu 6:30pm-8:30pm  
35054 6yrs&up 1 Class FREE 7/24 Tu 6:30pm-8:30pm  
35055 6yrs&up 1 Class FREE 8/28 Tu 6:30pm-8:30pm

### Afternoon Family Adventure

Join the Volunteer Naturalists for a trail hike of one half mile or less to explore a habitat in the park (stream, meadow, forest). Activities provided along the way will help children focus on the natural world around them. Forest and Meadow programs meet at BHRP & Stream programs at Little Bennett park. Black Hill Regional Park walks meet at gravel parking lot across from the Black Hill Public Boat Ramp. Little Bennett Regional Park walks meet at Kingsly Schoolhouse Trail gravel parking lot. FOBH \$1.

### The Meadow

34257 1yrs&up 1 Class \$2 6/16 Sa 11:00am-12:30pm  
34258 1yrs&up 1 Class \$2 7/28 Sa 11:00am-12:30pm

### The Forest

34261 1yrs&up 1 Class \$2 7/14 Sa 11:00am-12:30pm

### The Stream

34259 1yrs&up 1 Class \$2 8/11 Sa 11:00am-12:30pm  
34260 1yrs&up 1 Class \$2 8/25 Sa 11:00am-12:30pm

### Crafts at the Center: Living Wreath

Meet at the Visitor Center to create a living wreath of herbs and flowers for your patio or garden. On a wire and moss base we will add annuals and herbs to create a wreath to provide color and aroma hanging on your garden gate or as the centerpiece of your deck table. Bring your garden gloves and pruning clippers. FOBH \$20  
34864 15yrs&up 1 Class \$25 7/14 Sa 1:00pm-3:00pm

### Can You Canoe?

Learn the basic strokes and safe practices for America's native watercraft, the canoe. Patient instruction and all necessary equipment provided. We will focus on entries and exits, stroke technique for basic turning, steering and power strokes, and communication between partners. Learn to quickly and efficiently get the boat pointed in the direction you want and keep it going that way. Get your feet wet as you become comfortable in and around canoes. FOBH \$10.  
33949 12yrs&up 1 Class \$12 7/25 W 9:00am-11:00am  
33950 12yrs&up 1 Class \$12 8/18 Sa 6:30pm-8:30pm

### Moonless Night Perseids Meteor Shower

Rare timing allows us to view the spectacular Perseid meteor shower on the dark New Moon upon the giant plastic tarp. Plus enjoy the Summer Triangle high in the sky and the Milky Way River of Stars dipping down in the south to the center of the Milky Way Galaxy with its Nebulas and many Star Clusters. Milky Way bars served. Vol. Amateur Astronomer operated big scopes and Mega Binoculars.  
35039 6yrs&up 1 Class FREE 8/12 Su 11:00pm-5:00am

### Gold Mining in Maryland

Delve into the rich history of Montgomery County's gold mining with a visit to Black Hill Regional Park's own gold mine, and Maryland Mine, the region's largest mine and complete the experience with Gold Panning in the cool waters of Rock Run in an area of intense gold mining during the late 1890's. What you find, you keep. Golden edible surprise for dessert. FOBH \$12  
35041 10yrs&up 1 Class \$16 8/14 Tu 10:00am-2:00pm

### End of Summer Fishing Workshop & Contest!

Catch some last minute 'fin and fun' with some 'never fail' lures and techniques demonstration followed by an exciting contest with prizes! There are two contest sections: 6-8 yr. & 9-15 yr. Children must be accompanied by an adult but only the child pays the fee. FOBH \$10.

35043 6yrs&up 1 Classes \$12 8/22 W 5:00pm-8:15pm

### Twilight Canoe Or Kayak

Choose your craft for a gentle tour around the lake at the twilight hour. All equipment is provided. Not an instructional program—experience required. FOBH \$10.

33952 12yrs&up 1 Class \$12 8/23 Th 7:00pm-9:00pm

### Monster Frog Search!

Wade around at night around the marshy shores of Little Seneca Lake looking for enormous frogs! Sneak through mud, Hydrilla, and darkness with a flashlight and net to catch and safely release the biggest bullfrogs! Children must be accompanied by an adult. Fee is per person; both the child and the adult each pay the fee. FOBH \$6.

35044 8yrs&up 1 Class \$8 8/24 F 8:30pm-10:30pm



### Monarch Fiesta Day!

Mark your calendars for our annual Monarch Fiesta Day on Saturday, September 1st, from 10:00am-3:00pm. Join naturalist staff to celebrate monarch butterflies and to explore their amazing annual migration to and from their sanctuaries in Mexico. There will be fun activities for the whole family, including: games, movies, live monarch tagging, life cycle exhibit, caterpillar hunts, and a visit from the "Monarch Man"! Look for more details in the fall issue of this guide or on line at [www.blackhillnature.org](http://www.blackhillnature.org).

## Storytime on the Lake

### Storytime on the Lake: School's Out

Celebrate the first day of summer vacation on the pontoon with ice cream and bubbles. Adult & Child must pay fee. FOBH \$4

34861 3yrs&up 1 Class \$5 6/15 F 12:00pm-1:15pm  
34862 3yrs&up 1 Class \$5 6/15 F 3:00pm-4:15pm

### Storytime on the Lake: Turtles

We will cruise the lake in search of basking and swimming turtles. Adult & Child must pay the fee. FOBH \$3

34651 3yrs&up 1 Class \$4 6/25 M 1:00pm-2:15pm  
34699 3yrs&up 1 Class \$4 6/25 M 3:00pm-4:15pm  
34700 3yrs&up 1 Class \$4 7/30 M 1:00pm-2:15pm  
34701 3yrs&up 1 Class \$4 7/30 M 3:00pm-4:15pm

### Storytime on the Lake: Damselflies or Dragonflies?

Dragons of the lake, if you want to learn about their behavior and how to tell them apart, join us for a cruise of several coves to see them in action. Adult & child must pay fee. FOBH \$3

34899 3yrs&up 1 Class \$4 7/10 Tu 1:00pm-2:15pm  
34900 3yrs&up 1 Class \$4 7/10 Tu 3:00pm-4:15pm  
34901 3yrs&up 1 Class \$4 8/22 W 1:00pm-2:15pm  
34902 3yrs&up 1 Class \$4 8/22 W 3:00pm-4:15pm

### Storytime on the Lake: Frog or Toad?

Take a ride on the pontoon and learn about the differences between frogs and toads. Make a craft and have an amphibian snack. Both adult and child must pay the fee. FOBH \$3.00

34750 3yrs&up 1 Class \$4 7/11 W 1:00pm-2:15pm  
34751 3yrs&up 1 Class \$4 7/11 W 3:00pm-4:15pm

### Storytime on the Lake: Crayfish!

They came, they crawled and they ate whatever they wanted with their claws until Mr. Bass sucked them down! First we will cruise the shore in search of their burrows, learn some amazing Craytoids, then make a take-home magnetic crayfish to dress up the refrigerator! And now for our final activity - we will dock the boat and round up some crayfish along the edge of the lake as they come out of their burrows! Children must be accompanied by an adult. Both adult and child must pay the fee.

35035 3yrs&up 1 Class \$6 8/3 F 8:00pm-9:30pm

### Storytime on the Lake: Piscatorial Pursuits

Fun fish tales followed by cruising the lake looking for fish with special Polarized Fishing glasses that let us see through the glare and see underwater, then we lower the special Underwater Camera and view the feasting on the "giant dough ball". Children must be accompanied by an adult. Both adult and child must pay the fee.

35045 3yrs-8yrs 1 Class \$4 8/28 Tu 10:00am-11:15am



# Brookside Nature Center

Wheaton Regional Park  
301-946-9071

1400 Glenallan Ave.

Wheaton, MD 20902

[www.brooksidenature.org](http://www.brooksidenature.org)

Center is open Tuesday through Saturday, 9am-5pm and Sunday 1-5pm.  
Trails open daily, dawn to dusk. Registration is required for all programs unless stated otherwise. **Brookside Nature Center's Trips & Excursions** are on page 114.

## Toddlers/Preschool

**Ages: 0-6 yrs**

Reservations required.

### Pre-K Habitat Trio

Explore habitats and learn who lives in them and why they make such good homes for different creatures.

33600	3-5yrs	1 Class	\$3	6/5	Tu	1:30pm-2:15pm
33601	3-5yrs	1 Class	\$3	6/6	W	1:30pm-2:15pm
33602	3-5yrs	1 Class	\$3	6/7	Th	1:30pm-2:15pm

### Wonderful Wiggly Worms

Explore the world of worms through a story, hike and snack.

33606	3-5yrs	1 Class	\$5	6/8	F	10:00am-11:00am
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### Pre-K Park Art Duo

Paint a picture of your favorite animal, flower or tree, then take a walk to look and listen for nature's sights and sounds.

33678	3-5yrs	1 Class	\$5	8/8	W	3:00pm-4:00pm
33679	3-5yrs	1 Class	\$5	8/15	W	3:00pm-4:00pm

### Creepy Crawly Hunt

Turn over rocks and logs and look in water searching for anything creepy or crawly. Be prepared to get dirty and maybe a bit wet.

33731	3-5yrs	1 Class	\$4	8/29	W	10:00am-11:00am
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## Puppet Shows

Reservations required for children.

### Look What I Found

Billy and Sally spend a day finding forest and meadow mysteries.

33628	All Ages	1 Class	\$2	6/20	W	3:30pm-4:00pm
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### Insects

Six legs, three body parts, an exoskeleton, I'm an insect! Meet lots of different insects and their kin.

33659	All Ages	1 Class	\$2	7/17	Tu	4:00pm-4:30pm
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### Wake Up, It's Nighttime

Join a curious bumblebee and see what's going on after dark.

33722	All Ages	1 Class	\$2	8/23	Th	11:00am-11:30am
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## Children/Youth

**Ages: 6-12 yrs**

Reservations required. Under age 8 attend with adult.

### Fishing At Pine Lake

Bring your own rod or borrow one of ours to learn the basics of fishing. We'll supply bait and tackle. Meet at Pine Lake in Wheaton Regional Park.

33631	6-10yrs	1 Class	\$9	6/29	F	9:00am-11:00am
33697	6-10yrs	1 Class	\$9	8/17	F	9:00am-11:00am

### Fishing At Maydale

Learn some of the basics of fishing. Bring your own rod or borrow one of ours. We'll supply bait and basic tackle. Meet at Maydale Park.

33661	6-10yrs	1 Class	\$9	7/20	F	9:00am-11:00am
33662	6-10yrs	1 Class	\$9	8/24	F	9:00am-11:00am

### "Phar" Out Physics!

Have "phun" learning how physics affects you everyday by carrying out some neat experiments.

33663	6-12yrs	1 Class	\$6	7/21	Sa	10:00am-11:00am
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### Children's Art and Adventure Duo

Get creative and try your hand at nature arts and crafts, then we'll explore a lesser known park trail.

33680	6-12yrs	1 Class	\$5	8/9	Th	3:00pm-4:00pm
33681	6-12yrs	1 Class	\$5	8/16	Th	3:00pm-4:00pm

### Kids Hike Out

Join a hiking adventure, exploring whatever we find as we go along.

33688	9-12yrs	1 Class	\$6	8/14	Tu	9:30am-11:00am
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## Mixed Ages

**Ages: 0-17 yrs**

Reservations required. Under age 8 must attend with adult.

### Life Under A Log

What kinds of things like to live under or in a log? Find out with a story, a hike, and snack.

33664	2-12yrs	1 Class	\$5	7/21	Sa	1:00pm-2:00pm
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### Stream And Sand

Explore the life in a stream and why sand is important. Then use natural and colored sand to create a beautiful cactus terrarium.

33673	3-12yrs	1 Class	\$8	8/4	Sa	4:00pm-5:30pm
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Some of our programs meet at Maydale Park, located at 1638 Maydale Drive, near the intersection of Briggs Chaney Road and Claude Lane.



### Hummingbirds On The Move!

Discover these amazing birds and make a feeder to take home with you. Under age 6 needs adult assistance.

33698 2-15yrs 1 Class \$5 8/18 Sa 1:00pm-2:00pm

### Pond Study

Come see what lives in and around the pond. Wear shoes that can get wet.

34499 3-15yrs 1 Class \$4 8/24 F 11:00am-12:00pm

### Programs For All

Reservations required for all attending and no fee for adults, unless otherwise noted.

### Family Backpacking Overnight In Wheaton Park

We'll carry our packs to a quiet, lovely spot in the park and camp out! Enjoy an evening meal cooked over a fire and a fun night hike through the woods. You must attend a planning meeting on Tuesday, May 29 in the evening. You supply your own sleeping bags, backpacks and tent; we supply the food. Adult fee is \$6. To register, call 301-946-9071.

33599 All Ages 1 Class \$15 6/2 Sa 4:00pm-9:30am

### Bat Campfire at Maydale Park

Do bats want to nest in your hair or drink your blood? Roast marshmallows and find out the answers and more. Rain cancels program. No reservations required.

33604 All Ages 1 Class \$4 6/6 W 7:45pm-8:45pm

### Birds And Bugs Of The Night

Join us on a stroll as we listen for the sounds of birds, bugs and other night singers. Adults should bring one flashlight/family.

33605 3yrs&up 1 Class \$4 6/7 Th 7:00pm-8:00pm

### Stream Splash

Explore the stream with aquatic nets looking for crayfish, salamanders, fish, insects, and more! Wear old shoes or water shoes; no flip-flops or sandals. Optional--bring a towel and/or change of clothes.

33609 All Ages 1 Class FREE 6/16 Sa 3:00pm-4:00pm

33610 All Ages 1 Class FREE 6/24 Su 11:30am-12:30pm

33611 All Ages 1 Class FREE 7/26 Th 7:15pm-8:15pm

### Puppet Show and Marshmallows

Roast marshmallows over the campfire, then watch this month's puppet show!

33612 All Ages 1 Class \$4 6/11 M 7:00pm-8:00pm

33613 All Ages 1 Class \$4 7/17 Tu 7:30pm-8:30pm

33614 All Ages 1 Class \$4 8/13 M 7:00pm-8:00pm

### Campfire And Forest Walk

Bring your own hot dogs and rolls; we'll supply the fixin's and marshmallows for toasting. After dinner we'll explore a forest trail, looking and listening for evening wildlife.

33617 All Ages 1 Class \$6 6/12 Tu 6:30pm-8:00pm

### Woodworking for Wildlife

Improve wildlife habitat by creating a specially-designed wood project to place in your yard. Adult assistance required. Register only person making craft.

33620 5yrs&up 1 Class \$15 6/14 Th 7:00pm-8:00pm

33621 5yrs&up 1 Class \$25 7/12 Th 7:00pm-8:30pm

33622 5yrs&up 1 Class \$10 8/16 Th 7:00pm-8:00pm

### Flying Squirrels

Catch a glimpse of these nighttime gliders and find out how they live. No reservations required. Rain cancels program.

33623 All Ages 1 Class FREE 6/14 Th 8:30pm-9:15pm

### Picnic In The Park And Stream Exploring

Schools out! Pack a lunch, roast marshmallows for dessert, then get your shoes wet searching for crayfish, minnows and more.

33624 All Ages 1 Class \$6 6/15 F 11:30am-1:00pm

### Make It & Take It

An easy-to-make craft that you can take home. No reservations required.

33627 All Ages 1 Class \$1 6/17 Su 2:00pm-3:00pm

### Composting Critters

Make and take home a small compost bin with red wiggler worms and start composting for your plants. Adult assistance required. Fee is per crafter.

33629 5yrs&up 1 Class \$12 6/23 Sa 11:00am-12:00pm

### Frog Frolic

We'll muck around the pond searching for frogs and their friends. No reservations required. Meet at Maydale Park.

33630 All Ages 1 Class FREE 6/28 Th 8:15pm-9:15pm

### Fox Family In Summer

Hike in the woods to look at where foxes and their babies live and play. Find out how baby foxes grow up.

33632 3yrs&up 1 Class \$4 6/30 Sa 10:30am-11:30am

### Water Worlds

In the stream, under rocks, along the banks and in the pond--explore the world of water homes.

33651 All Ages 1 Class \$4 7/1 Su 5:30pm-6:30pm

### Beetles, Bugs, and Butterflies

Learn about insects through catch and release, an insect puppet show, and a visit to Brookside Gardens Wings of Fancy. Fee for adults is \$5.

33650 3yrs&up 1 Class \$8 7/7 Sa 1:00pm-2:30pm

### Old Fashioned Fun!

Join us at our pioneer cabin to make hand cranked ice cream, old fashioned candles, and turn cream into butter for cornbread muffins.

33652 2yrs&up 1 Class \$8 7/7 Sa 4:30pm-6:00pm

### Creature Feature

Have you ever seen a salamander or a box turtle? Meet and greet some of our resident reptiles and amphibians up close.

33653 All Ages 1 Class \$4 7/8 Su 3:00pm-4:00pm

### Explore A Stream At Maydale

Hike to a shady stream and search for fish, crayfish, insects and more. Wear shoes and clothes that can get wet. Meet at Maydale Park.

33657 2yrs&up 1 Class \$4 7/14 Sa 3:00pm-4:00pm

### Incredible Meadow Insects

We'll "beat bushes" and "sweep fields" to see what's hopping, crawling, and flying.

33656 2yrs&up 1 Class \$4 7/14 Sa 1:00pm-2:00pm



### Red Wagon Summer Programs

Brookside Nature Center's Red Wagon is coming to the playground at Wheaton Regional Park this summer! See and touch a wagon-load of natural objects: animal furs, mammal skulls, bird feathers, turtle shells, snake skin and more! Ask a park naturalist questions about plants and animals in the park, and learn cool nature facts! Go to [www.brooksidenature.org](http://www.brooksidenature.org) for dates and more information.



## Volunteer at Brookside Nature Center

Opportunities include: volunteer naturalist, camp counselor, nature center host(ess), invasive plant removal, trail monitoring, grounds keeping. Volunteers for community service and eagle scout projects are also welcome. Training provided. Contact Jenny Aley at 301-946-9071 or email: [jenny.aley@mncppc-mc.org](mailto:jenny.aley@mncppc-mc.org)

### Turtle Watching At Pine Lake

We'll hike 1 mile around Pine Lake and look for pond turtles warming themselves in the sun. Meet: Shorefield area.

33658 All Ages 1 Class \$4 7/15 Su 11:30am-12:30pm

### Creature Feature Campfire

Toast some marshmallows and meet some of our resident reptile and amphibians.

33660 All Ages 1 Class \$4 7/18 W 7:00pm-8:00pm

### Maydale At Sunset

We'll hike through the woods and around the pond looking for who's out and about in the park as the sun goes down.

33665 2yrs&up 1 Class \$4 7/24 Tu 8:00pm-9:00pm

### Dessert With The Squirrels

Join us for a campfire and make s'mores. Then we'll hike, learn about flying squirrels, and get a close-up glimpse of these night time gliders.

33674 All Ages 1 Class \$8 8/4 Sa 7:00pm-8:30pm

### Snakes Alive

Meet and touch some of our live local snakes. Learn about what they eat and where they live.

33675 All Ages 1 Class \$4 8/5 Su 2:00pm-3:00pm

### Butterflies & Flutter-bys

Explore our gardens & meadow looking for beautiful butterflies and moths. Then hike in the woods to find forest dwelling flutterers.

33676 3yrs&up 1 Class \$4 8/7 Tu 3:00pm-4:00pm

### Campfire And Meadow Walk

Bring your own hotdogs and rolls; we'll supply fixin's and marshmallows to toast over coals while we learn nighttime nature lore. Then enjoy a meadow walk. Adults should bring one flashlight/family.

33677 All Ages 1 Class \$6 8/7 Tu 6:30pm-8:00pm

### Evening Stroll At Maydale Park

Explore the meadow, stream and forest trails at this lovely gem of a park. Listen for birds, bugs, and other evening vocalists.

33682 All Ages 1 Class \$4 8/9 Th 7:00pm-8:00pm

### Animal Homes

Holes make great homes and nests are nice, for squirrels, birds and mice. Look for them on a wild home tour.

33683 3yrs&up 1 Class \$4 8/11 Sa 10:30am-11:30am

### Trail Exploration

Explore some of our longer trails across wooded ridges, quiet valleys, and sparkling streams.

33685 3yrs&up 1 Class \$4 8/12 Su 5:00pm-6:00pm

### Summer Evening Hike

Take an evening hike investigating the sights, sounds, and smells of a summer evening.

33695 3yrs&up 1 Class \$6 8/15 W 7:00pm-8:30pm

### Dinner With The Bugs

Bring hot dogs and buns; we'll supply the fixin's. Then we'll take nets to the meadow and look for what 'bugs' us.

33700 All Ages 1 Class \$6 8/18 Sa 5:00pm-6:30pm

### Wander in Wheaton Park

Bring the family and wander the trails near the nature center and see what we can find in the park, big or small. Rain cancels program. No reservations required.

34500 All Ages 1 Class FREE 8/19 Su 11:00am-12:30pm

### Flying Squirrel Campfire

Roast a few marshmallows while awaiting our nocturnal neighbors to become active. We'll see if we can entice them with a few of their favorite treats.

33715 All Ages 1 Class \$3 8/21 Tu 7:45pm-8:30pm

### Dragonflies

Learn fun dragonfly facts, search for dragonflies in the meadow and dip nets in a pond for dragonfly nymphs.

33726 5yrs&up 1 Class \$4 8/25 Sa 1:00pm-2:00pm

33727 5yrs&up 1 Class \$4 8/26 Su 10:00am-11:00am

### Adults

#### Ages: 18 and up

Reservations required, unless otherwise noted.

### Adult Evening Walk

A gentle hike investigating what plants and animals do as evening approaches.

33603 18yrs&up 1 Class \$4 6/5 Tu 7:00pm-8:00pm

### Dragonfly Walk

Enjoy a walk through Wheaton Regional Park as we find and identify dragonflies along ponds and Pine Lake. Meet at BNC -- rain cancels program.

33618 18yrs&up 1 Class \$6 6/13 W 10:30am-12:00pm

33619 18yrs&up 1 Class \$6 8/25 Sa 10:00am-11:30am

### Explore A Park

New to the area? Want to learn more about a park? Or just want to get out for a hike? Then join us as we explore different parks in the county.

33625 18yrs&up 1 Class FREE 6/16 Sa 9:00am-11:00am

33626 18yrs&up 1 Class FREE 7/22 Su 9:00am-11:00am

### Volunteer Training at BNC

Learn the ins and outs of volunteering at the nature center. You must submit a volunteer application prior to training.

34599 14yrs&up 1 Class FREE 6/30 Sa 2:00pm-4:00pm

34600 14yrs&up 1 Class FREE 8/11 Sa 2:00pm-4:00pm

### Woodlawn Manor's Magnificent Trees

Join us at historic Woodlawn Manor to see and learn about its collection of exceptional trees.

33666 18yrs&up 1 Class \$4 7/25 W 9:30am-10:30am

### Evening Meadow Walk

A gentle hike through a meadow to observe what plants and animals do as evening approaches.

33690 18yrs&up 1 Class FREE 8/14 Tu 7:00pm-8:00pm

### Tree ID Hike

Learn to identify a few common trees through leaves, bark, twigs, and more.

33717 18yrs&up 1 Class \$4 8/22 W 9:30am-10:30am

### Full Moon Hike

The moon is full; let's wander the woods and listen for sounds of night creatures.

33729 18yrs&up 1 Class FREE 8/28 Tu 8:00pm-9:00pm



# Special Events for Happy Campers!



Pack up your gear and go camping at Little Bennett Campground! We've put together a whole schedule\* of great activities just for you this camping season.



## OUTDOOR ACTIVITIES

**Birding for Kids:** Beth and Keith Hamilton, owners of Wild Birds Unlimited in Germantown, share fascinating facts about our feathered friends. DATE: JUNE 10 AT 9:30 A.M.

**Seasonal Hayrides and Cookouts:** Enjoy a one-hour hayride through Little Bennett Regional Park, followed by a campfire supper behind Hawk's Reach Activity Center. RIDES LEAVE ON THE HOUR BEGINNING AT 4 P.M., WITH THE LAST HAYRIDE DEPARTING AT 7 P.M. TICKETS REQUIRED. DATES: FRIDAYS, JUNE 15, JULY 20 AND AUG. 17.

**Fly Fishing Workshop:** Learn the basics of fly fishing with instructor Norma Kaweck. AGES 16 TO ADULT. SATURDAYS FROM 2-5 P.M. DATES: JULY 7 AND AUG. 4.

## EVENING ACTIVITIES

**Friday Night Outdoor Movies:** FREE family-friendly movies under the stars! FRIDAYS AT 9:00 P.M. DATES: JUNE 1-FERN GULLY, JULY 6-CARS, AUG. 3-THE LION KING, SEPT. 7-A BUG'S LIFE

**Meet the Mid-Atlantic Search and Rescue Dogs!** Meet these incredible dogs, and get tips on what to do if you get lost in the great outdoors. SATURDAYS AT 7 P.M. DATES: JUNE 2, JULY 7, AUG. 4, AND SEPT. 1.



**Game Nights:** Play our board games, or bring your own. Meet at Hawk's Reach Nature Room. FRIDAYS AT 8:00 P.M. DATES: JUNE 29 AND AUG. 31.

**Group Campfire:** Play games, sing songs, and roast marshmallows around the campfire. DATE: FRIDAY, SEPT. 21, 8:30 P.M.

**Friday Night Dances:** Dance the night away at the Hawk's Reach Center. All ages are welcome. FRDAYS AT 8 P.M. DATES: JULY 27 AND SEPT. 28.

**BINGO Nights:** Play for the prizes! Play for the fun! FRIDAYS AT 8 P.M. DATES: JUNE 8, JULY 13, AUG. 10 AND SEPT. 14.

Visit our website for more information,  
and call soon to reserve your campsite!

[littlebennettcampground.com](http://littlebennettcampground.com)

**Little Bennett Campground**  
23701 Frederick Road  
Clarksburg, MD 20871 | 301-972-9222

**Montgomery  
Parks**  
M-NCPPC  
*It's all right here!*

## HAWK'S REACH ACTIVITY CENTER EVENTS

Something's going on every Saturday from April 1 through Oct. 31 at the Hawk's Reach Activity Center!

**Crafts for Campers**  
SATURDAYS AT 2 P.M.

**Guided Trail Hikes**  
SATURDAYS AT 3 P.M.

**Nature Room and Game Room** Children under 12 must be accompanied by an adult. OPEN EVERY SATURDAY FROM 1 - 5 P.M.

**Ice Cream Socials**

Meet at the craft room for ice cream treats sure to please. SATURDAYS AT 7 P.M.



\* All activities are open only to registered Little Bennett campers. All programs and the availability of the campground nature room and game room are subject to change without prior notice.  
\$ Nominal fee, or items are available for purchase.





# Locust Grove Nature Center

Cabin John Regional Park  
301-299-1990

7777 Democracy Blvd. Bethesda, MD 20817  
www.locustgrovenature.org

Center is open Tuesday through Saturday, 9am-5pm.  
Trails open daily dawn to dusk.

## Toddlers/Preschool

**Ages: 0-6 yrs**

All children must be accompanied by an adult.

### Holes! Where Do They Go?

There are zillions of holes in the woods. Find out who makes them and why!

35104 3-6yrs 1 Class \$5 6/21 Th 10:00am-11:00am

### Summer Stories

Hang around and listen to some silly stories. We'll read a little, walk a little, and get creative.

35157 3-6yrs 1 Class \$4 7/6 F 10:00am-11:00am

### Predator/Prey

Can you hide your food then find it and at the same time avoid being captured by a predator? Can you quietly stalk or quickly chase down your prey? Learn all about predator and prey animals. Then, challenge yourself in a fun game of predator/prey tag.

35249 4-6yrs 1 Class \$4 8/10 F 10:00am-11:00am

### Toddler Time: Down in the Meadow

It's a jungle out there-especially if you're only 2 feet tall! We'll explore the marvels of our mysterious meadow with insect net and bug box as we trail our intrepid toddler naturalists.

35250 1-2yrs 1 Class \$3 8/11 Sa 11:00am-11:45am

## Children/Youth

**Ages: 6-12 yrs**

Children under 8 must be accompanied by an adult.

### Meet the Turtles

Young herpetologists will get an in-depth look at an ancient family tree that predates the crocodiles and dinosaurs. We'll consider turtles, inside and out, to learn the secrets of these long-lived reptiles.

35099 6-12yrs 1 Class \$5 6/12 Tu 4:00pm-5:00pm

### Meet the Marsupials

Weird and wonderful marsupials carry babies in pouches and inhabit some of the remotest parts of the world, as well as Montgomery County. Come learn about possums, numbats, bilbys, quolls, and devils!

35105 6-12yrs 1 Class \$5 6/27 W 2:00pm-3:00pm

### Summertime Creative Expression

Encourage your child to make healthy choices and empower them to connect with nature - its beauty, mystery and wonder. Summertime is the theme of our creative writing workshop. Students will explore poetry and delight in creative word crafting as they read, recite and compose using nature as their inspiration. Activities also include hiking, music, photography and creative movement/dance to enrich the writing experiences. Class size is limited to six participants

to ensure plenty of individualized attention from the instructor. The instructor, Carin Cooper, is a professional writer and teacher who has taught at Holton Arms and the Davis Library. Cost is for three consecutive sessions, all materials included. Students in the afternoon class are encouraged to bring a light snack. Registration closes on June 25th.

35179 6-8yrs 4 Classes \$150 6/30 Sa 10:00am-11:00am  
35199 9-12yrs 4 Classes \$220 6/30 Sa 11:30am-1:00pm

### Artful Nature

Explore the wild side! Use what nature gives us to build sculptures, to paint, to create!

35253 6-12yrs 1 Class \$8 8/23 Th 10:00am-12:00pm

### Tom and Huck's Rafting Adventure

Cabin John Creek may not be the mighty Mississippi, and we may not be Tom Sawyer or Huck Finn, but we can still make a miniature raft and see how far it withstands the treacherous journey downstream.

35255 7-11yrs 1 Class \$4 8/30 Th 4:00pm-5:00pm

## Mixed Ages

**Ages: 0-17 yrs**

### Mad Science: Space... The Final Frontier

Become an astronaut on a scientific space mission; learn about crater formation, investigate the composition of comets and asteroids, explore black holes and make your own exploration vehicle! All this in one hour? Mad Science is out of this world!

35161 5-12yrs 1 Class \$16 7/11 W 10:30am-11:30am

### Storytime: Milo and the Magic Stone

Milo the mouse finds a wonderful stone. But, whether the stone makes his life better or worse is up to you! Rock craft included.

35162 4-8yrs 1 Class \$5 7/12 Th 10:00am-11:00am

### Under the Sea

Before you head to the ocean, learn what lives in it and make a whimsical toy to take along!

35177 5-8yrs 1 Class \$6 8/8 W 4:30pm-5:30pm

## Programs For All

### Family Hike:

#### Rachel Carson Conservation Park

The Rachel Carson Conservation Park near Brookeville is one of the premier parks in Montgomery County. With high quality forests, rock outcroppings and the Hawlings River, it boasts abundant wildlife, history, and trails. We'll hike about 2 - 3 miles through forest and field as we leisurely explore its bounty. Bring water and binoculars. Meet at the Zion Rd. entrance.

35100 5yrs&up 1 Class \$2 6/3 Su 1:00pm-3:30pm

Online registration is recommended. Set up your account today!

www.ParkPASS.org

### Introducing Carin Cooper

Carin Y. Holstein Cooper, the instructor of our Summer Creative Expression Series, is a professional writer, pianist, educator, and Registered Nurse with a Masters degree in Public Health from Johns Hopkins University. She brings her diverse background, as well as a love of dancing, to her creative expression programs. This unique integration of training and talent contributes to the balanced and innovative quality of her teaching. Carin has taught at Holton-Arms, the Davis Library, and other teaching venues in Montgomery County.

### Camp Big Kid/Little Kid

For all of you big kids with little kids in tow, good news! Here is a 2-day event for you to enjoy with your little one. We'll feature loads of hands-on exploration, nature play, hiking, stories and crafts designed to bring out the kid in all of us. And that's just the first day! On the second day we'll take a field trip to a fun-for-all indoor playground. A child, 2-4 years old must accompany each adult. Both adult and child must register and pay. Field trip is from 9:30am-2:30pm.

35102 2yrs&up 2 Classes \$45 6/7 Th&F 9:30am-2:30pm

### Cabin John Regional Park

Stop by the playground area off Tuckerman Lane today to say hello to a Locust Grove naturalist and find out what is happening outside today. No reservations required.

35200 1M&up 1 Class FREE 6/14 Th 11:00am-11:30am

35201 1M&up 1 Class FREE 8/24 F 11:00am-11:30am

### Midsummer's Eve Celebration

In Sweden, midsummer is celebrated with songs, bonfires and pickled herring. Our American celebration will include planting a take-home fairy garden of thyme and baby's tears, feasting on fairy cakes and building homes for wood gnomes in the meadow. Participants must register by June 11, and anyone making a craft must pay the full registration fee. All materials are included.

35180 5yrs&up 1 Class \$27 6/20 W 3:00pm-5:00pm

### Summer Firefly Hike

Wander with us at dusk to watch the fireflies light up, wish the birds good night, and listen to the evening insect chorus. All participants must register and pay.

35156 3yrs&up 1 Class \$2 6/29 F 7:30pm-9:00pm

### Beach Sculptures

Calling all artists! Come to the sandbar in Cabin John Creek to vent your inventive impulses! Using found materials, the inspiration of Andy Goldsworthy and the muses of sun and water, we'll build sculpture in nature, for nature, and of nature! Wear water worthy shoes. No younger siblings, please.

35158 5yrs&up 1 Class \$4 7/6 F 4:30pm-5:30pm

### Campfire Picnic and Story!

The Fourth of July has passed, but we still have fireworks! Join us at the campfire to roast a hot dog and listen to a cold story! We'll provide fixin's for s'mores, condiments for your hot dog, and roasted corn on the cob. All attendees must register and pay.

35159 1M&up 1 Class \$4 7/7 Sa 11:30am-12:30pm

### Family Hike: Lake Frank

Just being near water on a hot summer day can keep you cool! We'll hike 3.2 miles of shoreline around Lake Frank before the day starts to simmer, enjoying the birds, morning breeze and surrounding forest. Bring water! All attendees must register and pay.

35160 5yrs&up 1 Class \$2 7/8 Su 9:00am-11:00am

### Meet the Animals of Locust Grove

Ever wonder about the animals here at Locust Grove Nature Center? What do they eat? Where did they come from? Learn about their natural habits and habitats during this animal 'meet and watch them eat' program. All attendees must register and pay.

35163 1yrs&up 1 Class \$2 7/14 Sa 1:00pm-2:00pm

### Family Splash

Get ready, get set, get wet! We'll head down to the stream, net in hand, to explore and learn about some of Cabin John's underwater residents. An adult, especially in the creek, must accompany all children. All participants must wear shoes that can get wet (no opened-toed shoes please)! All attendees must register and pay. Please call for meeting site.

35164 5yrs&up 1 Class \$2 7/19 Th 1:30pm-3:00pm

### Friday Night Bats

It's the height of bat season! Come learn about our nocturnal neighbors, eavesdrop on their ultrasonic calls, and marvel at their aerial maneuvers. No younger siblings please. All attendees must register and pay.

35175 5yrs&up 1 Class \$2 7/27 F 7:30pm-9:00pm

### Summer Lanterns and Parade

Compete boldly with the fireflies by creating your own tissue paper lantern and carrying it through the meadow in our sunset parade. No younger siblings, please.

35176 6yrs&up 1 Class \$7 8/3 F 7:00pm-8:00pm

### End of Summer Evening Stroll

Steal one more moment of vacation leisure as we meander through the forests and meadow, listening to crickets chirp and soaking up the last rays of a wonderful summer. All attendees must register and pay.

35178 1M&up 1 Class \$2 8/31 F 7:00pm-8:00pm

### Adults

#### Ages: 18 and up

### Mom and Baby Hike

Exposure to the natural world should be a regular and frequent part of your infant's education. It promotes good health, creativity and an affinity for all living things. An easy and enjoyable way to get your child outside is to take a walk! Join other parents and a naturalist for a hike of discovery through some of the county's most family-friendly parks. Hikes are approximately 2 miles long on paved or natural surface trails. Call for directions to the meeting site for each month's hike.

35202 18yrs&up 1 Class FREE 6/14 Th 9:30am-10:45am

35203 18yrs&up 2 Classes FREE 8/1 W&Th 9:30am-10:45am

### Go Outside - Natural History for Parents

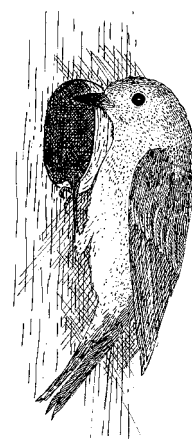
Recent research shows that children excel academically and have lower rates of obesity with regular outdoor exercise. Wish your kids would get outside more? Want to know more about what's out there? Come for a crash course in backyard natural history to enrich your child's outdoor experience.

35103 18yrs&up 1 Class \$8 6/15 F 7:00pm-9:00pm

### Birds and Morning Tea

It's June and the birds are up early feeding their young, defending their nests and otherwise celebrating a glorious summer day. Observe their bustle from a delightful vantage point in the nature center while sipping tea (hot or iced) and nibbling on crumpets, scones and fresh fruit.

35101 18yrs&up 1 Class \$9 6/16 Sa 8:00am-9:30am





# Meadowside Nature Center

Rock Creek Regional Park  
301-924-4141

5100 Meadowside Lane Rockville, MD 20855  
www.meadowsidenature.org

Center is open Tuesday through Saturday 9 am to 5 pm. Trails are open Daily Dawn to Dusk. November through March Saturday hours are 9 am to 4 pm.

Meadowside Nature Center *Trips & Excursions* begin on page 114.

## Toddlers/Preschool

Ages: 0-6 yrs

### Storytime: Box Turtle At Long Pond

Turtles come in all shapes and sizes. Join Naturalist Sandy Staples and meet some live turtles at Meadowside. After the story, make a craft to take home and hike down to the pond to see if the turtles are out in the sun.

33503	3-6yrs	1 Class	\$5	6/12	Tu	9:30am-10:30am
33504	3-6yrs	1 Class	\$5	6/12	Tu	1:30pm-2:30pm

### Storytime: A Snake In The House

Snakes can be scary if you don't know anything about them. Now is your chance to meet a live snake up close after the story and craft. Parents are encouraged to bring a camera so you can record your child's adventure. Naturalist: Sandy Staples

33686	3-6yrs	1 Class	\$5	6/19	Tu	9:30am-10:30am
33687	3-6yrs	1 Class	\$5	6/19	Tu	1:30pm-2:30pm

### Storytime: I Wish I Were A Butterfly

Learn about the life cycle of butterflies and what magical creatures they are in their coats of many colors as we read a story, do a craft and go looking for the real thing! Naturalist: Sandy Staples

33691	3-6yrs	1 Class	\$5	6/29	F	9:30am-10:30am
33692	3-6yrs	1 Class	\$5	6/29	F	1:30pm-2:30pm
33693	3-6yrs	1 Class	\$5	8/28	Tu	9:30am-10:30am
33694	3-6yrs	1 Class	\$5	8/28	Tu	1:30pm-2:30pm

### Storytime: Flying Jewels

Dragonflies come in many shapes and colors. After we read a story and make simple craft, we'll hike to the study pond to see if we can catch sight of these beautiful insects. Naturalist: Sandy Staples

33707	3-6yrs	1 Class	\$5	7/11	W	9:30am-10:30am
33708	3-6yrs	1 Class	\$5	7/11	W	1:30pm-2:30pm

### Storytime: Who is That Bird?

Through a story, craft and hike we will learn about birds that we see around our houses and schools, how they have adapted to survive, and how we can help them, even in the summer. Naturalist: Sandy Staples

33716	3-6yrs	1 Class	\$5	7/27	F	9:30am-10:30am
33718	3-6yrs	1 Class	\$5	7/27	F	1:30pm-2:30pm

### Storytime: Stellularuna

Learn about bats and why they help to control potential insect problems. We'll learn how bats and insects are pollinators and an important part of the food chain. Naturalist: Sandy Staples

33721	3-6yrs	1 Class	\$5	8/2	Th	9:30am-10:30am
33723	3-6yrs	1 Class	\$5	8/2	Th	1:30pm-2:30pm

## Children/Youth

Ages: 6-12 yrs

### Splish Splash Stream Study

Join us while we splash around Rock Creek and learn about watersheds, water quality, and search for local aquatic life.

33734	8-12yrs	1 Class	FREE	7/17	Tu	6:00pm-7:30pm
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## Mixed Ages

Ages: 0-17 yrs

### Celebrating the Fourth on the Farm

Find out what makes this holiday such a special American tradition for all of the family. Each family needs to bring a rolling pin to make a pie crust for your apple pie. Adult assistance required. Price is per pie, so if your family wants to make only one pie, just register only one member of your family. If your family wants to make two pies, register two members. Meet Naturalist Sandy Staples at the Agricultural History Farm Park.

33699	6-14yrs	1 Class	\$10	7/4	W	10:00am-11:30am
33733	6-14yrs	1 Class	\$10	7/4	W	12:30pm-2:00pm

### Old Fashioned Games on the Farm

Can you imagine life without Barbie, super heroes and Gameboys? Find out what toys children had on a farm 100 years ago and make a game to take home. Meet Sandy Staples at the Agricultural History Farm Park.

33711	6-14yrs	1 Class	\$6	7/20	F	10:00am-11:30am
33712	6-14yrs	1 Class	\$6	7/20	F	12:30pm-2:00pm

## Adults

Ages: 18 and up

### Early Morning Hike at Blue Mash

Meet Naturalist Sandy Staples at Blue Mash to explore this private park located just outside of Olney, MD. Explore the great variety of habitats within easy walking distance to see dragonflies, birds, and wildflowers. Call 301-924-4141 for directions.

33500	18yrs&up	1 Class	FREE	6/1	F	8:30am-11:00am
33501	18yrs&up	1 Class	FREE	7/19	Th	8:30am-11:00am
33502	18yrs&up	1 Class	FREE	8/3	F	8:30am-11:00am

### Early Morning Hike at Violettes Lock

Meet Naturalist Sandy Staples at Violettes Lock to explore the birds and native wildlife along the Potomac River. This is an easy hike, but dress for the weather. Call for directions.

33505	18yrs&up	1 Class	\$6	6/22	F	8:30am-10:30am
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**Adult Hike At Monocacy Aqueduct**

We'll visit another C&O Canal site along the Potomac River that was only recently on the ten most endangered national historic sites list. The history, the canal and the beauty of this area is unique through our nature's history. Naturalist: Sandy Staples

33696 18yrs&up 1 Class \$10 7/3 Tu 8:00am-1:30pm

**Programs for All****Pioneer Hike for Families**

Learn about pioneer life and the history of Muncaster Mill as we stroll back in time along Rock Creek. The hike will conclude with a tour of our log cabins dating back to the 1850's and pioneer children's games.

33732 6yrs&up 1 Class \$5 6/23 Sa 10:00am-12:00pm

**Family Morning Hike at Meadowside**

Join the Naturalist for a hike on the trails at Meadowside to explore a variety of habitats found around the nature center. Hike not intended for stroller use. Reservations required for all members of the family.

33703 4yrs&up 1 Class FREE 7/7 Sa 9:30am-10:30am

33704 4yrs&up 1 Class FREE 8/4 Sa 9:30am-10:30am

**Bugs Alive!**

Enjoy a story and meet some of Meadowside Nature Center's live animals as we learn about insects and bugs. Free. Walk-ins welcome

33724 2yrs&up 1 Class FREE 7/20 F 3:30pm-4:15pm

**Fireflies and a Campfire**

Learn about these flashy bugs through activities and a craft. End the evening by roasting marshmallows by a campfire.

33728 2yrs&up 1 Class \$4 7/27 F 8:00pm-9:15pm

**Summer Celebration Campfire!**

Celebrate summer with an old-fashioned campfire. We supply the marshmallows, graham crackers, and a roaring good time; you supply the enthusiasm (and chocolate, if you wish). Under 3 free.

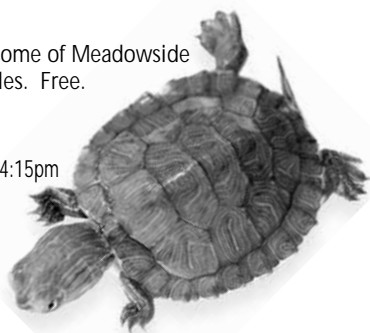
33499 3yrs&up 1 Class \$4 8/4 Sa 7:30pm-8:30pm

**Turtles Alive!**

Enjoy a story and meet some of Meadowside Nature Center's live turtles. Free. Walk-ins welcome.

33725 2yrs&up 1 Class  
FREE 8/17 F 3:30pm-4:15pm

33709 18yrs&up 1 Class  
\$20 7/16 M  
10:00am-3:00pm

**Volunteer & Teacher Training****Pioneer Living Workshop**

Join Sandy Staples at Meadowside's 1860s farmstead for a workshop on interpreting the lifestyle of a small family farm. We'll cook a meal in the cabin and learn different simple crafts and games that can be used to teach about an early period of American history. Resources that can be used to adapt this activity for classroom use and group activities are included.

33705 18yrs&up 1 Class \$20 7/9 M 10:00am-3:00pm

**Eastern Woodland Indians Workshop**

Join Sandy Staples for a workshop on interpreting the lifestyle of Eastern Woodland Indians. Learn how they used plants and animals to survive in their environment. We'll talk about the use of plants for medicinal purposes, and native foods they introduced to the colonists. Learn simple crafts and games that can be used to teach about these tribes of Native Americans. Resources that can be used to adapt this activity for classroom use and group activities are included.

33709 18yrs&up 1 Class \$20 7/16 M 10:00am-3:00pm

**Natural Dye Workshop on the Farm**

Adults are invited to try dying wool over a fire using plants found in nature to get a variety of colors. Learn how to use mordants to get different colors from the same dye pot. Wear old clothing. Resources that can be used to adapt this activity for classroom use and group activities are included. Naturalist: Sandy Staples.

33713 18yrs&up 1 Class \$20 7/23 M 10:00am-3:00pm



## Tennis Classes

Cabin John and Wheaton Indoor Tennis facilities offer affordable private and group tennis lessons for all ages and abilities.

For information about summer indoor tennis clinics at Cabin John Tennis, see page 142 in the "Summer Camps and Programs" section of this Guide. For private indoor lessons at Cabin John, please contact the facility at 301-469-7300.

Please note: The Wheaton Indoor Tennis facility is scheduled to close for major renovations from May to November 2007. Private and group lessons will not be offered during this time.

Outdoor tennis lessons are offered in the late afternoon and evenings at selected parks throughout Montgomery County. See class listings below for locations. Outdoor tennis camps are available through our "Tennis in the Parks" program (see page 132).

Pick up a racket and swing through summer with us! Sign up early, as most popular time slots fill up fast.

To register, you can bring in your registration form in person at the facility, mail or fax the form to the facility, call and register by phone at 301-962-1477, or register on the web at [www.ParkPASS.org](http://www.ParkPASS.org). You'll find the registration procedures and registration form on the inside back cover.

### Outdoor Tennis Series

Participants are responsible for bringing their own rackets, water and appropriate footwear. Because classes are conducted on outdoor courts, rain dates are made up on Fridays at the same scheduled time.

#### Court Locations for the Outdoor Tennis Series

**Cabin John Outdoor Tennis Courts**  
Cabin John Regional Park,  
10610 Westlake Drive,  
Rockville MD 20852

**Fairland Outdoor Tennis Courts**  
Fairland Recreational Park,  
3928 Greencastle Rd,  
Fairland MD 20866

**Olney Outdoor Tennis Courts**  
Olney Manor Recreational Park,  
16601 Georgia Ave,  
Olney, MD 20832

**South Germantown Outdoor Tennis Courts**  
South Germantown Regional Park,  
18056 Central Park Circle,  
Boyd's, MD 20841

### Outdoor Beginner

This class is designed for students who have never played tennis. Students will learn warm-up exercises, how to properly grip a racquet and basic stroke technique. Court etiquette will be addressed at this level. Class conducted on the outdoor courts.

Note: Classes scheduled for Wednesday July 4 will be held on Friday July 6.



### Outdoor Tennis: Beginner Pre Teens

#### Cabin John Regional Park

35451	8-12yrs	6 Classes	\$72	6/18	M&W	4:00pm-5:00pm
35452	8-12yrs	6 Classes	\$72	6/19	Tu&Th	4:00pm-5:00pm
36051	8-12yrs	6 Classes	\$72	7/9	M&W	4:00pm-5:00pm
36052	8-12yrs	6 Classes	\$72	7/10	Tu&Th	4:00pm-5:00pm
35459	8-12yrs	6 Classes	\$72	7/30	M&W	4:00pm-5:00pm
35460	8-12yrs	6 Classes	\$72	7/31	Tu&Th	4:00pm-5:00pm
36059	8-12yrs	6 Classes	\$72	8/20	M&W	4:00pm-5:00pm
36060	8-12yrs	6 Classes	\$72	8/21	Tu&Th	4:00pm-5:00pm

#### Fairland Regional Park

35449	8-12yrs	6 Classes	\$72	6/18	M&W	4:00pm-5:00pm
35450	8-12yrs	6 Classes	\$72	6/19	Tu&Th	4:00pm-5:00pm
36049	8-12yrs	6 Classes	\$72	7/9	M&W	4:00pm-5:00pm
36050	8-12yrs	6 Classes	\$72	7/10	Tu&Th	4:00pm-5:00pm
35457	8-12yrs	6 Classes	\$72	7/30	M&W	4:00pm-5:00pm
35458	8-12yrs	6 Classes	\$72	7/31	Tu&Th	4:00pm-5:00pm
36057	8-12yrs	6 Classes	\$72	8/20	M&W	4:00pm-5:00pm
36058	8-12yrs	6 Classes	\$72	8/21	Tu&Th	4:00pm-5:00pm

#### Olney Manor Recreational Park

35453	8-12yrs	6 Classes	\$72	6/18	M&W	4:00pm-5:00pm
35454	8-12yrs	6 Classes	\$72	6/19	Tu&Th	4:00pm-5:00pm
36053	8-12yrs	6 Classes	\$72	7/9	M&W	4:00pm-5:00pm
36054	8-12yrs	6 Classes	\$72	7/10	Tu&Th	4:00pm-5:00pm
35461	8-12yrs	6 Classes	\$72	7/30	M&W	4:00pm-5:00pm
35462	8-12yrs	6 Classes	\$72	7/31	Tu&Th	4:00pm-5:00pm
36061	8-12yrs	6 Classes	\$72	8/20	M&W	4:00pm-5:00pm
36062	8-12yrs	6 Classes	\$72	8/21	Tu&Th	4:00pm-5:00pm

#### South Germantown Recreational Park

35455	8-12yrs	6 Classes	\$72	6/18	M&W	4:00pm-5:00pm
35456	8-12yrs	6 Classes	\$72	6/19	Tu&Th	4:00pm-5:00pm
36055	8-12yrs	6 Classes	\$72	7/9	M&W	4:00pm-5:00pm
36056	8-12yrs	6 Classes	\$72	7/10	Tu&Th	4:00pm-5:00pm
35463	8-12yrs	6 Classes	\$72	7/30	M&W	4:00pm-5:00pm
35464	8-12yrs	6 Classes	\$72	7/31	Tu&Th	4:00pm-5:00pm
36063	8-12yrs	6 Classes	\$72	8/20	M&W	4:00pm-5:00pm
36064	8-12yrs	6 Classes	\$72	8/21	Tu&Th	4:00pm-5:00pm

**Outdoor Tennis: Beginner Teens & Adults****Cabin John Regional Park**

35467	13yr&up	6 Classes	\$72	6/18	M&W	5:00pm-6:00pm
35468	13yr&up	6 Classes	\$72	6/19	Tu&Th	5:00pm-6:00pm
36067	13yr&up	6 Classes	\$72	7/9	M&W	5:00pm-6:00pm
36068	13yr&up	6 Classes	\$72	7/10	Tu&Th	5:00pm-6:00pm
35475	13yr&up	6 Classes	\$72	7/30	M&W	5:00pm-6:00pm
35476	13yr&up	6 Classes	\$72	7/31	Tu&Th	5:00pm-6:00pm
36075	13yr&up	6 Classes	\$72	8/20	M&W	5:00pm-6:00pm
36076	13yr&up	6 Classes	\$72	8/21	Tu&Th	5:00pm-6:00pm

**Fairland Regional Park**

35465	13yr&up	6 Classes	\$72	6/18	M&W	5:00pm-6:00pm
35466	13yr&up	6 Classes	\$72	6/19	Tu&Th	5:00pm-6:00pm
36065	13yr&up	6 Classes	\$72	7/9	M&W	5:00pm-6:00pm
36066	13yr&up	6 Classes	\$72	7/10	Tu&Th	5:00pm-6:00pm
35473	13yr&up	6 Classes	\$72	7/30	M&W	5:00pm-6:00pm
35474	13yr&up	6 Classes	\$72	7/31	Tu&Th	5:00pm-6:00pm
36073	13yr&up	6 Classes	\$72	8/20	M&W	5:00pm-6:00pm
36074	13yr&up	6 Classes	\$72	8/21	Tu&Th	5:00pm-6:00pm

**Olney Manor Recreational Park**

35469	13yr&up	6 Classes	\$72	6/18	M&W	5:00pm-6:00pm
35470	13yr&up	6 Classes	\$72	6/19	Tu&Th	5:00pm-6:00pm
36069	13yr&up	6 Classes	\$72	7/9	M&W	5:00pm-6:00pm
36070	13yr&up	6 Classes	\$72	7/10	Tu&Th	5:00pm-6:00pm
35477	13yr&up	6 Classes	\$72	7/30	M&W	5:00pm-6:00pm
35478	13yr&up	6 Classes	\$72	7/31	Tu&Th	5:00pm-6:00pm
36077	13yr&up	6 Classes	\$72	8/20	M&W	5:00pm-6:00pm
36078	13yr&up	6 Classes	\$72	8/21	Tu&Th	5:00pm-6:00pm

**South Germantown Recreational Park**

35471	13yr&up	6 Classes	\$72	6/18	M&W	5:00pm-6:00pm
35472	13yr&up	6 Classes	\$72	6/19	Tu&Th	5:00pm-6:00pm
36071	13yr&up	6 Classes	\$72	7/9	M&W	5:00pm-6:00pm
36072	13yr&up	6 Classes	\$72	7/10	Tu&Th	5:00pm-6:00pm
35479	13yr&up	6 Classes	\$72	7/30	M&W	5:00pm-6:00pm
35480	13yr&up	6 Classes	\$72	7/31	Tu&Th	5:00pm-6:00pm
36079	13yr&up	6 Classes	\$72	8/20	M&W	5:00pm-6:00pm
36080	13yr&up	6 Classes	\$72	8/21	Tu&Th	5:00pm-6:00pm

**Outdoor Intermediate****Outdoor Tennis: Intermediate Pre Teen**

Student understands how the game of tennis is played, when and where to hit which stroke, how to keep score, and the difference between doubles and singles. The service return and the approach shots will be added.

**Cabin John Regional Park**

35483	8-12yrs	6 Classes	\$72	6/18	M&W	6:00pm-7:00pm
35484	8-12yrs	6 Classes	\$72	6/19	Tu&Th	6:00pm-7:00pm
36083	8-12yrs	6 Classes	\$72	7/9	M&W	6:00pm-7:00pm
36084	8-12yrs	6 Classes	\$72	7/10	Tu&Th	6:00pm-7:00pm
35491	8-12yrs	6 Classes	\$72	7/30	M&W	6:00pm-7:00pm
35492	8-12yrs	6 Classes	\$72	7/31	Tu&Th	6:00pm-7:00pm
36091	8-12yrs	6 Classes	\$72	8/20	M&W	6:00pm-7:00pm
36092	8-12yrs	6 Classes	\$72	8/21	Tu&Th	6:00pm-7:00pm

**Fairland Regional Park**

35481	8-12yrs	6 Classes	\$72	6/18	M&W	6:00pm-7:00pm
35482	8-12yrs	6 Classes	\$72	6/19	Tu&Th	6:00pm-7:00pm
36081	8-12yrs	6 Classes	\$72	7/9	M&W	6:00pm-7:00pm
36082	8-12yrs	6 Classes	\$72	7/10	Tu&Th	6:00pm-7:00pm
35489	8-12yrs	6 Classes	\$72	7/30	M&W	6:00pm-7:00pm
35490	8-12yrs	6 Classes	\$72	7/31	Tu&Th	6:00pm-7:00pm
36089	8-12yrs	6 Classes	\$72	8/20	M&W	6:00pm-7:00pm
36090	8-12yrs	6 Classes	\$72	8/21	Tu&Th	6:00pm-7:00pm

**Olney Manor Recreational Park**

35485	8-12yrs	6 Classes	\$72	6/18	M&W	6:00pm-7:00pm
35486	8-12yrs	6 Classes	\$72	6/19	Tu&Th	6:00pm-7:00pm
36085	8-12yrs	6 Classes	\$72	7/9	M&W	6:00pm-7:00pm
36086	8-12yrs	6 Classes	\$72	7/10	Tu&Th	6:00pm-7:00pm
35493	8-12yrs	6 Classes	\$72	7/30	M&W	6:00pm-7:00pm
35494	8-12yrs	6 Classes	\$72	7/31	Tu&Th	6:00pm-7:00pm
36093	8-12yrs	6 Classes	\$72	8/20	M&W	6:00pm-7:00pm
36094	8-12yrs	6 Classes	\$72	8/21	Tu&Th	6:00pm-7:00pm

**South Germantown Recreational Park**

35487	8-12yrs	6 Classes	\$72	6/18	M&W	6:00pm-7:00pm
35488	8-12yrs	6 Classes	\$72	6/19	Tu&Th	6:00pm-7:00pm
36087	8-12yrs	6 Classes	\$72	7/9	M&W	6:00pm-7:00pm
36088	8-12yrs	6 Classes	\$72	7/10	Tu&Th	6:00pm-7:00pm
35495	8-12yrs	6 Classes	\$72	7/30	M&W	6:00pm-7:00pm
35496	8-12yrs	6 Classes	\$72	7/31	Tu&Th	6:00pm-7:00pm
36095	8-12yrs	6 Classes	\$72	8/20	M&W	6:00pm-7:00pm
36096	8-12yrs	6 Classes	\$72	8/21	Tu&Th	6:00pm-7:00pm

**Outdoor Tennis:****Intermediate Teens & Adults**

Student understands how the game of tennis is played, when and where to hit which stroke, how to keep score, and the difference between doubles and singles. The service return and the approach shots will be added.

**Cabin John Regional Park**

35499	13yr&up	6 Classes	\$72	6/18	M&W	7:00pm-8:00pm
35500	13yr&up	6 Classes	\$72	6/19	Tu&Th	7:00pm-8:00pm
36099	13yr&up	6 Classes	\$72	7/9	M&W	7:00pm-8:00pm
36100	13yr&up	6 Classes	\$72	7/10	Tu&Th	7:00pm-8:00pm
35507	13yr&up	6 Classes	\$72	7/30	M&W	7:00pm-8:00pm
35508	13yr&up	6 Classes	\$72	7/31	Tu&Th	7:00pm-8:00pm
36107	13yr&up	6 Classes	\$72	8/20	M&W	7:00pm-8:00pm
36108	13yr&up	6 Classes	\$72	8/21	Tu&Th	7:00pm-8:00pm

**Fairland Regional Park**

35497	13yr&up	6 Classes	\$72	6/18	M&W	7:00pm-8:00pm
35498	13yr&up	6 Classes	\$72	6/19	Tu&Th	7:00pm-8:00pm
36097	13yr&up	6 Classes	\$72	7/9	M&W	7:00pm-8:00pm
36098	13yr&up	6 Classes	\$72	7/10	Tu&Th	7:00pm-8:00pm
35505	13yr&up	6 Classes	\$72	7/30	M&W	7:00pm-8:00pm
35506	13yr&up	6 Classes	\$72	7/31	Tu&Th	7:00pm-8:00pm
36105	13yr&up	6 Classes	\$72	8/20	M&W	7:00pm-8:00pm
36106	13yr&up	6 Classes	\$72	8/21	Tu&Th	7:00pm-8:00pm

**Olney Manor Recreational Park**

35501	13yr&up	6 Classes	\$72	6/18	M&W	7:00pm-8:00pm
35502	13yr&up	6 Classes	\$72	6/19	Tu&Th	7:00pm-8:00pm
36101	13yr&up	6 Classes	\$72	7/9	M&W	7:00pm-8:00pm
36102	13yr&up	6 Classes	\$72	7/10	Tu&Th	7:00pm-8:00pm
35509	13yr&up	6 Classes	\$72	7/30	M&W	7:00pm-8:00pm
35510	13yr&up	6 Classes	\$72	7/31	Tu&Th	7:00pm-8:00pm
36109	13yr&up	6 Classes	\$72	8/20	M&W	7:00pm-8:00pm
36110	13yr&up	6 Classes	\$72	8/21	Tu&Th	7:00pm-8:00pm

**South Germantown Recreational Park**

35503	13yr&up	6 Classes	\$72	6/18	M&W	7:00pm-8:00pm
35504	13yr&up	6 Classes	\$72	6/19	Tu&Th	7:00pm-8:00pm
36103	13yr&up	6 Classes	\$72	7/9	M&W	7:00pm-8:00pm
36104	13yr&up	6 Classes	\$72	7/10	Tu&Th	7:00pm-8:00pm
35511	13yr&up	6 Classes	\$72	7/30	M&W	7:00pm-8:00pm
35512	13yr&up	6 Classes	\$72	7/31	Tu&Th	7:00pm-8:00pm
36111	13yr&up	6 Classes	\$72	8/20	M&W	7:00pm-8:00pm
36112	13yr&up	6 Classes	\$72	8/21	Tu&Th	7:00pm-8:00pm





**Tennis in the Parks: Children**

The Montgomery County Parks is offering a Recreational Tennis Program for children. This is not a lesson program. Students will be taught the fundamentals of the game through fun activities that incorporate the skills necessary to be better players. This UTSA sanctioned curriculum will challenge kids to improve their game. Our counselor/camper ratio will be at least 1:10. Children will be divided into smaller groups by age.

**Cabin John Regional Park**

35513	8-12yrs	10 Classes	\$180	6/18	M-F	9:00am-12:00pm
35518	8-12yrs	9 Classes	\$162	7/2	M-F	9:00am-12:00pm
35523	8-12yrs	10 Classes	\$180	7/16	M-F	9:00am-12:00pm
35528	8-12yrs	10 Classes	\$180	7/30	M-F	9:00am-12:00pm
35533	8-12yrs	10 Classes	\$180	8/13	M-F	9:00am-12:00pm

**Darnestown Local Park**

35514	8-12yrs	10 Classes	\$180	6/18	M-F	9:00am-12:00pm
35519	8-12yrs	9 Classes	\$162	7/2	M-F	9:00am-12:00pm
35524	8-12yrs	10 Classes	\$180	7/16	M-F	9:00am-12:00pm
35529	8-12yrs	10 Classes	\$180	7/30	M-F	9:00am-12:00pm
35534	8-12yrs	10 Classes	\$180	8/13	M-F	9:00am-12:00pm

**Fairland Regional Park**

35549	8-12yrs	10 Classes	\$180	6/18	M-F	9:00am-12:00pm
35550	8-12yrs	9 Classes	\$162	7/2	M-F	9:00am-12:00pm
35527	8-12yrs	10 Classes	\$180	7/16	M-F	9:00am-12:00pm
35532	8-12yrs	10 Classes	\$180	7/30	M-F	9:00am-12:00pm
35537	8-12yrs	10 Classes	\$180	8/13	M-F	9:00am-12:00pm

**Olney Manor Recreational Park**

35517	8-12yrs	10 Classes	\$180	6/18	M-F	9:00am-12:00pm
35521	8-12yrs	9 Classes	\$162	7/2	M-F	9:00am-12:00pm
35525	8-12yrs	10 Classes	\$180	7/16	M-F	9:00am-12:00pm
35530	8-12yrs	10 Classes	\$180	7/30	M-F	9:00am-12:00pm
35535	8-12yrs	10 Classes	\$180	8/13	M-F	9:00am-12:00pm

**South Germantown Recreational Park**

35515	8-12yrs	10 Classes	\$180	6/18	M-F	9:00am-12:00pm
35520	8-12yrs	9 Classes	\$162	7/2	M-F	9:00am-12:00pm
35526	8-12yrs	10 Classes	\$180	7/16	M-F	9:00am-12:00pm
35531	8-12yrs	10 Classes	\$180	7/30	M-F	9:00am-12:00pm
35536	8-12yrs	10 Classes	\$180	8/13	M-F	9:00am-12:00pm

2-week, half-day  
recreational  
tennis camps  
for kids 8-14

**"Tennis in the Parks" Camps**

June 18  
through  
August 24

These are not your typical tennis lessons! Kids develop the building block skills of tennis through team games—the focus is on fun, not drills. The program is sanctioned by

the United States Tennis Association, and all instructors must complete a USTA training program. The instructor/student ratio will be at least 1:10. **Sign up today!**

**Five locations:**

Cabin John Regional Park | Darnestown Local Park  
Fairland Recreational Park | Olney Manor Recreational Park  
South Germantown Recreational Park

See the specific class listings above on this page, and register beginning May 15 at [www.ParkPASS.org](http://www.ParkPASS.org).

**Outdoor Group Tennis Lessons**

Here's an affordable way for your teens (13-17 years old) and pre-teens (8-12 years old) to learn or improve their tennis skills this summer. Class sizes are limited to 10, so each student will get plenty of individual attention from professional tennis instructors. Beginner and intermediate-level classes are available for both age groups.

**Four locations:**

Cabin John Regional Park | Fairland Recreational Park | Olney Manor Recreational Park  
South Germantown Recreational Park

See pages 130-131 in this Guide for times, dates and locations of outdoor lessons offered, and register at [www.ParkPASS.org](http://www.ParkPASS.org).



# Summer Programs in the Parks!

**June-August**



**Full & Half-Day Programs,  
Camps & Clinics  
for All Ages in:**

Kayaking  
Ice Skating  
Fishing

Hiking  
Bugs  
High Adventure

Tennis  
Meteorology  
Hockey

**...and much more!**

**Summer Camps and Programs 2007**



## Summer Camps & Programs

Montgomery Parks offers a wide variety of fun and educational summer programs for children of all ages. Choose a program from our Ice Skating, Nature Center, Day Camps or Tennis categories and have fun! We're sure to have a program to interest any child. And with morning, afternoon and full- or multiple-day offerings, we're sure to fit your schedule as well. Please refer to page 143 for our Summer Camp and Program registration and refund policies.

Facility information and phone numbers can be found on page 103, List of Facilities.

### Summer Programs-Brookside Gardens

#### Woodland Indian Camp

This camp coincides with our newly themed, Eastern Woodland Indian children's garden. Enjoy learning about Indian plants, stories, crafts, and games.

#### Brookside Gardens

29920 7-10yrs 5 Classes \$65 6/18 M-F 10:00am-12:00pm

#### Budding Artists

Join Debbie Vanegas, Professional Artist for a week long art camp. Children who love art will enjoy expressing themselves in the garden while learning several art techniques, including drawing, collages, and painting. Check times for age-appropriate group.

#### Brookside Gardens

30149 5-7yrs 5 Classes \$65 6/25 M-F 10:00am-11:30am  
29856 8-10yrs 5 Classes \$70 6/25 M-F 1:00pm-3:00pm



#### Butterflies

Through crafts, games, and gardening activities learn about butterflies and butterfly gardening.

#### Brookside Gardens

29921 7-10yrs 5 Classes \$65 8/13 M-F 10:00am-12:00pm

**Summer**  
**Programs**  
**in the Parks!**



They'll love our programs.  
You'll love our timing.

**June-August**

**Full and Half-Day Programs**

Ice-Skating, Tennis, Outdoor  
and Nature Programs,  
Week in the Park Day Camp

**Register Today!**



# Summer Programs-Ice Skating

## Skating School

This week of skating fun for levels Alpha through Freestyle includes music interpretation, strength building, on ice and off ice workouts, and a mini show.

### Wheaton Ice Arena

28749 5-14yrs 5 Classes \$260 7/16 M-F 8:00am-12:00pm

28750 5-14yrs 5 Classes \$260 8/6 M-F 8:00am-12:00pm

## Hockey Camp

Our hockey camp will focus on skating, stick handling and off-ice fitness. Players will be assigned to groups according to skill level. Elements of power skating, passing and shooting, and various games will also be incorporated to make this a fun filled week! This camp is intended for players ages 6-12, who are at a beginner plus (learning forward crossovers) to intermediate level (passed Mitey Mites level 2 or Hockey 2 and above). Full gear required. Please bring sneakers and workout attire for off ice conditioning and a snack. Please print receipt/registration confirmation for important camp information.

### Cabin John Ice Rink

28943 5-12yrs 5 Classes \$250 8/6 M-F 10:30am-1:30pm

## Gamma Delta Chill-Out Mini Camp

We invite students that have passed Gamma, Delta and/or Freestyle 1 to join us for 'Chill Out' Camp, a 3 week mini camp designed to work on the fundamentals of freestyle. Campers will be instructed on proper off ice warm up, off-ice training, stroking drills, the basics of choreography and style and will also be introduced to jumps and spins. Please bring sneakers for off-ice training. Chill Out Camp will conclude with a special ice show!

### Cabin John Ice Rink

29549 5-17yrs 3 Classes \$130 7/11 W 5:00pm-6:30pm

29551 5-17yrs 3 Classes \$130 8/8 W 5:00pm-6:30pm

## ISI Freestyle Camp

This skating camp, for Freestyle level skaters, will incorporate all aspects of a successful training program. All skaters will participate in intensive training Classes. At the end of the week, participants will perform in an ice show held at 12:00pm on Friday. On ice instruction Classes include: jumps, spins, edgework, power stroking and choreography. Off ice training Classes include: jumps, stretching and strength conditioning/dance. Please print receipt/registration confirmation for important camp information.

### Cabin John Ice Rink

28899 5yrs&up 5 Classes \$275 7/23 M-F 8:30am-1:30pm

28900 5yrs&up 5 Classes \$275 8/20 M-F 8:30am-1:30pm

## Ice Skating Camp

Choose one of our half-day Classes for children ages 6-12. Skating, arts and crafts, outdoor and special activities are offered. At the end of the week, campers will enjoy a mini train ride, a movie and pizza party. Campers will receive a skating lesson and practice time every day and will be grouped according to age and skill level. Rental skates will be provided, if needed. Extended care from 7-8am, 12-1pm and 5-6pm is also available. Please print receipt/registration confirmation for important camp information.

### Cabin John Ice Rink

28913 6-12yrs 5 Classes \$175 7/9 M-F 8:00am-12:00pm

28914 6-12yrs 5 Classes \$175 7/9 M-F 1:00pm-5:00pm

28915 6-12yrs 5 Classes \$175 7/16 M-F 8:00am-12:00pm

28916 6-12yrs 5 Classes \$175 7/16 M-F 1:00pm-5:00pm

28917 6-12yrs 5 Classes \$175 7/23 M-F 8:00am-12:00pm

28918 6-12yrs 5 Classes \$175 7/23 M-F 1:00pm-5:00pm

28919 6-12yrs 5 Classes \$175 7/30 M-F 8:00am-12:00pm

28920 6-12yrs 5 Classes \$175 7/30 M-F 1:00pm-5:00pm

28921 6-12yrs 5 Classes \$175 8/6 M-F 8:00am-12:00pm

28922 6-12yrs 5 Classes \$175 8/6 M-F 1:00pm-5:00pm

28923 6-12yrs 5 Classes \$175 8/13 M-F 8:00am-12:00pm

28924 6-12yrs 5 Classes \$175 8/13 M-F 1:00pm-5:00pm

## Ice Skating Camp Extended Care

Need to drop off and pick up your child early or late for our Summer Ice Skating Camp? Sign up for extended care from 7-8am, 12-1pm or 5-6pm. Cost is \$25 for the week.

Individual days can be paid for at the facility. Please be on time to pick up your child, as we charge a late fee of \$1.00 a minute for every minute that you are late. EXTENDED CARE IS FOR ICE SKATING CAMP ONLY.

### Cabin John Ice Rink

28925 6-12yrs 5 Classes \$25 7/9 M-F 7:00am-8:00am

28926 6-12yrs 5 Classes \$25 7/9 M-F 12:00pm-1:00pm

28927 6-12yrs 5 Classes \$25 7/9 M-F 5:00pm-6:00pm

28928 6-12yrs 5 Classes \$25 7/16 M-F 7:00am-8:00am

28929 6-12yrs 5 Classes \$25 7/16 M-F 12:00pm-1:00pm

28930 6-12yrs 5 Classes \$25 7/16 M-F 5:00pm-6:00pm

28931 6-12yrs 5 Classes \$25 7/23 M-F 7:00am-8:00am

28932 6-12yrs 5 Classes \$25 7/23 M-F 12:00pm-1:00pm

28933 6-12yrs 5 Classes \$25 7/23 M-F 5:00pm-6:00pm

28934 6-12yrs 5 Classes \$25 7/30 M-F 7:00am-8:00am

28935 6-12yrs 5 Classes \$25 7/30 M-F 12:00pm-1:00pm

28936 6-12yrs 5 Classes \$25 7/30 M-F 5:00pm-6:00pm

28937 6-12yrs 5 Classes \$25 8/6 M-F 7:00am-8:00am

28938 6-12yrs 5 Classes \$25 8/6 M-F 12:00pm-1:00pm

28939 6-12yrs 5 Classes \$25 8/6 M-F 5:00pm-6:00pm

28940 6-12yrs 5 Classes \$25 8/13 M-F 7:00am-8:00am

28941 6-12yrs 5 Classes \$25 8/13 M-F 12:00pm-1:00pm

28942 6-12yrs 5 Classes \$25 8/13 M-F 5:00pm-6:00pm

# Programs for All

## Hockey Clinic

This week long skating experience is designed to increase on the ice strength, while improving skating skills. The clinic includes on ice drills, game rules, strategy, and play.

### Wheaton Ice Arena

28703 All Ages 5 Classes \$250 7/9 M-F 8:00am-11:45am

28702 All Ages 5 Classes \$250 7/23 M-F 8:00am-11:45am

## Ice Dance Clinic

This week of Ice Dancing is for those with a clear grasp of edges, three turns, and mohawks. The clinic includes music interpretation, dance patterns, on ice and off ice drills, along with strength building.

### Wheaton Ice Arena

28704 All Ages 5 Classes \$260 7/2 M-F 8:00am-11:45am

28705 All Ages 5 Classes \$260 8/13 M-F 8:00am-11:45am

## Skating Camps

A \$20 Discount will apply to the second sibling and/or registrations for multiple classes at one time. Registrations will be honored on a first-come, first-serve basis. Registrations must be done in person at the facility to receive discount.

# Summer Programs-Nature Centers

## Black Hill Nature Center

### Toddlers/Preschool

**Ages: 0-6 yrs**

#### Earthkeepers Camp

Calling all Young Nature Lovers! Join a Naturalist exploring our park's three habitats. Learn about the forest, lake and meadow through crafts, games, stories and hands-on activities. We will also learn how you as children can help take care of Our Mother Earth. We will be outside most of the time so dress for the weather. FOBH: \$80.00

#### Black Hill Visitor Center

29499	4-6yrs	4 Classes	\$85	6/18	M-Th	10:00am-1:00pm
29550	4-6yrs	4 Classes	\$85	7/23	M-Th	10:00am-1:00pm

### Teen/Preteen

**Ages: 12-17 yrs**

#### Beginning Fishing Camp

This is a fun in depth fishing camp that will teach how, when and where to catch freshwater fish! Hands-on instruction will cover balanced tackle, live bait, artificial lure selection, knots, casting, effective techniques for our area and local hot spots. Camp includes two mandatory checkout evenings. Our first checkout evening will have us meeting at Dick's Sporting Goods where we will review your tackle, make recommendations if needed, go over knots, hook sharpening and walk through the tackle department for an overview. At this time, you will receive our camp itinerary. The second Mandatory Evening Skills Session, held at Black Hill Visitor Center, will cover reading the waters, casting, back reeling, basic lures and techniques.

Wed. June 6 Mandatory Tackle Check 6:00-9:00pm

Fri. June 8 Tackle Check 4:00-9:00pm

FOBH \$165

#### Black Hill Visitor Center

29099	12-17yrs	4 Classes	\$170	6/26	Tu-F	8:00am-5:00pm
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#### Advanced Fishing Camp

An exciting mixture of fun, fishing and Adventure! Take the skills and knowledge that you already have to the next level! Learn the latest techniques. Camp includes TWO Mandatory Evening Classes. Our first night takes us to Dick's Sporting Goods where we will review your tackle and make recommendations if needed, go over knots, hook sharpening and take a walk through the tackle dept. for an overview. At this mandatory evening tackle checkout, we will conduct a knot and casting test that you must pass to continue in the camp. Our second Mandatory Evening Skills building session will cover reading the waters, casting, back reeling, basic lures and techniques. At this time, you will receive our Camp Itinerary.

Wed. June 20 Mandatory Tackle Check. 6:00-9:00pm

Fri. June 22 Mandatory Tackle Check. 4:00-9:00pm

FOBH \$165

#### Black Hill Visitor Center

29100	12-17yrs	4 Classes	\$170	7/10	Tu-F	8:00am-5:00pm
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## River Adventures Kayak Camp

Beginner paddlers will learn the prerequisites for successful kayaking on flatwater and in gentle river waters. Equipment, safety considerations, basic strokes, entries, exits (wet and dry), boat control, self-rescue, reading the water, river hazards, transport of kayaks safely, knots and hitches, kayak characteristics and associated equipment and their use will be covered using approved ACA instructional manual and certified ACA kayak instructors. Includes van transportation to nearby river for instruction on Class I moving water. Kayaks, PFDs (personal flotation device) and all necessary equipment provided. Come prepared with water shoes or strap-on sandals, a brimmed hat, sunglasses with keeper strap and sunscreen for being out on the water. Day One will be at Black Hill Regional Park using Little Seneca Lake for flatwater kayak instruction. FOBH fee \$120

#### Black Hill Visitor Center

29101	12-17yrs	3 Classes	\$125	7/18	W-F	9:00am-5:00pm
29102	12-17yrs	3 Classes	\$125	8/15	W-F	9:00am-5:00pm

## Brookside Nature Center

### Toddlers/Preschool

**Ages: 0-6 yrs**

#### Once Upon A Trail Camp

Read nature stories, then hike and enjoy activities that bring the story 'to life': **parent/adult must attend at no fee.**

#### Brookside Nature Center

29458	4-5yrs	4 Classes	\$60	5/29	Tu-F	10:30am-12:00pm
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#### Parent/Child Nature Camp

This is a camp for children aged 2-5 years to **attend with a parent**. Camp meets Tues, Wed. and Thurs from 10:00am-noon at BNC, and **Friday from 11:00am-2:00pm at the beach (not including drive time)**. Stream study, reptiles and amphibians, birding, shark tooth beach field trip (provide own transportation).

#### Brookside Nature Center

29451	2-5yrs	4 Classes	\$65	6/5	Tu-F	10:00am-12:00pm
29452	2-5yrs	4 Classes	\$65	6/12	Tu-F	10:00am-12:00pm

#### Kinder Camp

For this fall's kindergarteners-my 5 senses, naturecize, pioneers, stream splash.

#### Brookside Nature Center

29461	5-6yrs	4 Classes	\$60	7/10	T-F	10:30am-12:00pm
29462	5-6yrs	4 Classes	\$60	7/24	T-F	10:30am-12:00pm

#### Parent/Child Craft Camp

Explore the world of nature arts and crafts with your child. Everyday we'll take a nature walk, hear a story, and make an art project and a nature craft. **Camp meets at Wheaton Claridge Recreation Building. Adult must register with child; no fee for adult.**

#### Brookside Nature Center

29453	3-6yrs	3 Classes	\$60	8/1	W-F	10:00am-12:00pm
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## Children/Youth

**Ages: 6-12 yrs**

### Bug Camp

New activities & crafts exploring life in a log, aquatic insects, meadow hoppers and fliers, and Wings of Fancy butterfly field trip.

#### Brookside Nature Center

29464 6-7yrs 4 Classes \$70 6/19 T-F 10:00am-12:00pm

### American Girls Camp

Crafts, games, adventures & food-Josephina's fandango, Addy's runaway hike, Molly's patriotic campfire, Kirsten's pioneer life and more.

#### Brookside Nature Center

29468 8-11yrs 4 Classes \$100 6/26 T-F 9:30am-12:30pm

29469 8-11yrs 4 Classes \$100 7/10 T-F 9:30am-12:30pm

### Be Kind To Animals Camp

Meet professionals working with and caring for different types of wild and domestic animals. Most days have off-site trips.

#### Brookside Nature Center

29471 9-12yrs 4 Classes \$140 7/2 M-T,Th-F 10:30am-3:30pm

### Eco-Explorers Camp

Explore a different ecosystem every day: the stream, pond, woods and meadow. Make your own creative crafts and learn about animals and plants that live at the nature center.

#### Brookside Nature Center

29465 7-10yrs 4 Classes \$100 7/17 Tu-F 9:30am-12:30pm

### Nature Science Camp

Explore the science of water, animals, plants and geology. Make your own experiments and learn about nature during hands on field studies.

#### Brookside Nature Center

29470 8-12yrs 4 Classes \$100 7/24 T-F 1:30pm-4:30pm

### Nuts About Nature

Fun activities exploring animal tracks and traces, bees and butterflies, green and growing, stream life

#### Brookside Nature Center

29463 6-7yrs 4 Classes \$70 8/7 T-F 10:00am-12:00pm

### Down On The Farm Camp

'Hands on' farm experiences with daily field trips to local farms, tasting farm foods, and making farm crafts

#### Brookside Nature Center

29472 9-12yrs 4 Classes \$170 8/20 M-Th 9:30am-3:30pm

## Teen/Preteen

**Ages: 12-17 yrs**

### High Adventure Camp

Rock climbing, caving, mountain biking and whitewater tubing! Includes equipment, transportation, professional instruction, guides.

#### Brookside Nature Center

29488 14-17yrs 4 Classes \$300 6/18 M-Th 9:00am-5:00pm

### American Girls On The Road

Daily field trips to experience life like the American Girls- swing time with Kit and Molly, discover Kaya's world, Felicity's horse adventure, Addy's underground railroad and more.

#### Brookside Nature Center

29475 12-14yrs 4 Classes \$175 7/2 M-Tu,Th-F 9:30am-2:30pm

## Mixed Ages

**Ages: 0-17 yrs**

### Hands On Science Camp

Explore science through active involvement in experiments, games and take home projects. In this series, Earth Science-Layers, children make a model of 'earth layers' and life on a log. Experiment with porosity. How do different layers around us look, feel and test out? Can you make sand from a rock? What layers do you leave?

#### Brookside Nature Center

29460 5-7yrs 4 Classes \$70 6/26 Tu-F 1:00pm-3:30pm

### Gifts From Nature

Basketry and weaving, leaf printing, pottery (using clay and homemade doughs), and soapmaking. Meeting place may change to off-site location.

#### Brookside Nature Center

29473 10-14yrs 4 Classes \$100 7/10 Tu-F 1:30pm-4:00pm

### Rockin' Geology

Experience geology through hands on activities and field trips around the area

#### Brookside Nature Center

29474 11-14yrs 4 Classes \$170 7/17 T-F 9:00am-3:00pm

## Programs for All

### Night Adventures Camp

Foxes and raccoons, frogs, bats and flying squirrels, campfire dinner on June 27; parent/adult must register and attend. June 27 meets from 6:30-9:00pm.

#### Brookside Nature Center

29455 3yrs&up 3 Classes \$35 6/13 W 7:30pm-9:00pm

### Family Nature Camp

Stream study, letterboxing, tubing and camping at Antietam Creek. Camp meets Tues and Wed from 10:00am-noon. The overnight meets at 1:00pm Thurs until 10:00am Friday.

#### Brookside Nature Center

29454 3yrs&up 4 Classes \$75 8/14 T-F 10:00am-12:00pm





## Locust Grove Nature Center

### Toddlers/Preschool

**Ages: 0-6 yrs**

#### Ice Age Animals

It was a long time ago. The earth was cold and the animals were large. Put your scarves and mittens on, we are heading back to the ice-age. Upon arrival we will be introduced to some strange but familiar creatures that roamed the earth more than 10,000 years ago.

#### Locust Grove Nature Center

29700 4-5yrs 3 Classes \$90 6/27 W-F 9:30am-12:30pm

### Children/Youth

**Ages: 6-12 yrs**

#### Exploring Maryland's Water

Water is one of Maryland's most precious resources, yet we know little about it and sometimes appreciate it even less! In this interactive camp we'll get our feet wet as we take daily field trips that introduce us to the amazing variety and uses of water and waterways in Maryland. By investigating stream habitats, exploring the Anacostia by pontoon boat, mucking through tidal wetlands, fishing on Little Seneca Lake, kayaking on the bay and touring WSSC's Brighton Dam, campers will gain a rich understanding of the importance of water in Maryland, and what we can do to protect it. Note, our Chesapeake Bay field trip will be all day, from 9:00am to 5:00pm and is tentatively planned for Thursday, June 28. Cost includes field trip fees.

#### Locust Grove Nature Center

29699 9-12yrs 5 Classes \$190 6/25 M-F 9:00am-1:30pm

#### Nature in Art Workshop

What do you get when you combine a group of terrific campers with a wide variety of art projects and materials, and the inspiration of Mother Nature? A lot of fun and fantastic creativity, that's what! Our special edition camp will be a mix of structured and unstructured art opportunities from pottery to journaling and will include making such items as felt bags, decorated gourds, matted photos, mobiles and baskets. Combined with time to hike and create individually, campers will explore nature and form their own expressive response to it. Our artistic enterprise will result in gallery exhibit for parents and visitors on the last day. Cost includes all materials.

#### Locust Grove Nature Center

29702 8-11yrs 4 Classes \$160 7/23 M-W, F 9:00am-1:00pm

#### Farm Animals

What's life like on a farm? Hop on a tractor and find out! Learn about tractors, crops, farm animals and the people who care for them. (Fee includes trip to a farm on Friday, 9:30am-2:30pm)

#### Locust Grove Nature Center

29705 6-8yrs 4 Classes \$95 7/31 Tu-F 9:30am-2:30pm



### Park Rangers II

This popular camp returns for a second year! Campers will learn to navigate the great outdoors as we visit a different Montgomery County park each day. We'll combine technology with old fashioned know how to figure out where in the world we are. We'll hike, float, and climb to explore the flora and fauna of different habitats and learn a thing or two about history along the way.

#### Locust Grove Nature Center

29707 8-12yrs 5 Classes \$200 8/6 M-F 9:30am-3:30pm

### Mixed Ages

**Ages: 0-17 yrs**

#### Animal Adventures

Discover mammals that fly, birds that don't, reptiles that play, and insects that take care of their babies. This camp caters to animal lovers with a fondness for the unusual. Everybody knows what a Giant Panda eats, but what about a pangolin? Did you know that mice sing love songs, rats laugh, baby bats babble, and beetles squeak? Get to meet and mingle with some of nature's most interesting animals.

#### Locust Grove Nature Center

29701 5-7yrs 5 Classes \$115 7/16 M-F 9:30am-12:30pm

## Meadowside Nature Center

### Toddlers/Preschool

**Ages: 0-6 yrs**

#### Nature Time For Tots

A special time for your child to learn about nature through stories, activities, and crafts geared to their age level and learning abilities. Feel free to come with your child and share with them the joy and wonder that nature offers. Class size is limited to ensure each child receives individualized attention.

#### Meadowside Nature Center

29706 3-5yrs 4 Classes \$40 6/26 Tu-F 9:30am-10:15am

### Children/Youth

**Ages: 6-12 yrs**

#### Aquatic Adventures

We will explore aquatic environmental as we learn about the Chesapeake Bay and its watershed region through fun activities, experiments, and fieldtrips. Join us and dive on into the fun! Naturalist: Glenn Rice

#### Meadowside Nature Center

29849 9-12yrs 4 Classes \$175 7/31 Tu-F 10:00am-2:00pm

## Mixed Ages

**Ages: 0-17 yrs**

### Conservation Camp

Children participating in our Conservation Camps will be actively involved in ecology and conservation activities, games, hiking, and crafts. Topics include birds, plants, animals, habitats, cultural history and more while exploring Rock Creek Regional Park. Multiple age groups. Before any registration can be confirmed Meadowside Nature Center must receive the following: 1). Completed Registration Form (see [www.meadowsidenature.org](http://www.meadowsidenature.org) for form). 2) Proof of Immunization 3). Date of last Tetanus Shot 4). Proof of age and 5). Payment in full. Extended camp session offered for this conservation camp.

#### Meadowside Nature Center

29708	5-7yrs	4 Classes	\$95	6/26	Tu-F	9:30am-12:00pm
29710	7-10yrs	4 Classes	\$120	8/7	Tu-F	9:30am-1:30pm

### Conservation Camp Extended Session

Continue the fun of conservation camp with an extended session of activities, games and crafts.

#### Meadowside Nature Center

29709	5-7yrs	4 Classes	\$80	6/26	Tu-F	12:00pm-3:00pm
29711	7-10yrs	4 Classes	\$80	8/7	Tu-F	1:30pm-4:00pm

### Little House On the Prairie/Prairie Life

How did Laura Ingalls Wilder and her family live? What did they eat and how did they spend their days? We will explore the life and times of Laura and her family through fun activities and crafts at the historic site at the Agricultural History Farm Park. Before any camp registration can be confirmed, Meadowside Nature Center must receive the following forms: 1) Completed Registration Form - see [www.meadowsidenature.org](http://www.meadowsidenature.org) for form 2) Proof of Immunization 3) Date of last Tetanus shot 4). Proof of age 5) Payment in full.

#### Meadowside Nature Center

29703	8-13yrs	5 Classes	\$175	7/9	M-F	9:30am-1:30pm
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### Meteorology Camp

The study of weather affects us at every level of our lives. It leads off our daily news from radio to newspapers. It can be either catastrophic or benign. The first question of our day is usually 'What will our weather be today?' Learn how the weather patterns are predicted, the instruments used and how the forecasts get out to the public. We will explore the fascinating field of meteorology through activities, crafts and field trips.

#### Meadowside Nature Center

29704	8-13yrs	4 Classes	\$175	7/17	Tu-F	9:30am-1:30pm
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### Jurassic Camp

Join us for an exploration of Maryland's Jurassic Age through field trips, activities and crafts. We'll go fossil hunting, search for dinosaur tracks, and explore the world of paleontology!

#### Meadowside Nature Center

29712	8-13yrs	4 Classes	\$175	7/24	Tu-F	9:30am-1:30pm
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## Archaeology Workshop - Children

Did you ever want to know what archaeologists do? M-NCPPC Archaeology Summer Workshops participants find out! You will be introduced to archaeology as you work side-by-side with Park Archaeologists on an archaeological site. Participants learn in a small group, hands-on setting. Activities include: excavation, lab, projects, and a field trip. The advanced groups' experience will be more in-depth and intense. For more information call the Office of History and Archaeology at 301-840-5848.

#### Needwood Mansion

29749	10-15yrs	5 Classes	\$220	6/18	M-F	9:00am-3:00pm
29750	10-15yrs	5 Classes	\$220	6/25	M-F	9:00am-3:00pm
29751	10-15yrs	4 Classes	\$175	7/2	M-Tu Th-F	9:00am-3:00pm
29752	10-15yrs	5 Classes	\$220	7/9	M-F	9:00am-3:00pm

## Archeology Workshop - Extended Care

This is an extended session for the children's summer workshop. Normal hours end at 3:00pm. Hours for the extension to the normal camp time are 3:00-5:00pm.

#### Needwood Mansion

29753	10-15yrs	5 Classes	\$55	6/18	M-F	3:00pm-5:00pm
29754	10-15yrs	5 Classes	\$55	6/25	M-F	3:00pm-5:00pm
29755	10-15yrs	4 Classes	\$44	7/2	M-Tu, Th-F	3:00pm-5:00pm
29756	10-15yrs	5 Classes	\$55	7/9	M-F	3:00pm-5:00pm

## Programs for All

### Archaeology Workshop-Adult Session

Join us on an archaeological site in Montgomery County. You'll be introduced to archaeology as you work side-by-side with Park Archaeologists. Classes include excavation and a field trip/workshop. Call 301-840-5848.

#### Needwood Mansion

29757	16yrs&up	2 Classes	\$40	7/30	M-Tu	9:00am-3:00pm
29759	16yrs&up	2 Classes	\$40	8/6	M-Tu	9:00am-3:00pm
29758	16yrs&up	3 Classes	\$60	8/1	W-F	9:00am-3:00pm
29760	16yrs&up	3 Classes	\$60	8/8	W-F	9:00am-3:00pm

## Let's Go Camping!

Need a little getaway? Grab your gear and head out to Little Bennett Campground in Clarksburg, MD!



It's easy to get to—less than 5 minutes off I-270 on Route 355, and 20 minutes from the Beltway—but a world away from the hustle and stress of the DC area. Little Bennett Regional Park is a perfect place to celebrate spring, with more than 20 miles of trails, 91 beautiful wooded campsites (25 with electrical hookups), and a variety of weekend activities for all ages and interests.

Check out our 2007 campground activities and programs at [www.littlebennettcampground.com](http://www.littlebennettcampground.com).



Our camping season runs from April 1 through October 31. We're already taking reservations, so call 301-972-9222 soon to reserve your campsite.

Whether you're a veteran or first-time camper, Little Bennett Campground is the natural place to be.

## Scouts

### Brownie Try-It Animals

Some animals live among us as pets while others live in the wild. Explore the world of animals in this Try-It.

#### Meadowside Nature Center

29854 6-8yrs 1 Classes \$25 8/7 Tu 9:30am-12:00pm

### Brownie Try-It Earth and Sky

Look up! Look down! What do you see? The sky above and the Earth below. Join us while we learn about both.

#### Meadowside Nature Center

29857 6-8yrs 1 Classes \$25 8/8 W 9:30am-12:00pm

### Brownie Try-It Eco-Explorer

Ecology is the study of how plants and animals live together in the environment. Have fun while learning to be an eco-explorer.

#### Meadowside Nature Center

29808 6-8yrs 1 Classes \$25 8/9 Th 9:30am-12:00pm

### Brownie Try-It Science Wonders

Science is all round. Learn the science behind bubbles, magnets, and more!

#### Meadowside Nature Center

29878 6-8yrs 1 Classes \$25 8/10 F 9:30am-12:00pm

### Junior Girl Scout Badge

#### Making It Matter

Learn the science behind everyday objects by making silly putty and plastics. Please remember to bring a bag lunch.

#### Meadowside Nature Center

29850 8yrs&up 1 Classes \$35 7/24 Tu 10:00am-2:00pm

### Junior Girl Scout Badge Rocks Rock!

Find out what types of rocks are in your area and how they have held up over time. Please bring a bag lunch and dress for the weather.

#### Meadowside Nature Center

29851 8yrs&up 1 Classes \$35 7/25 W 10:00am-2:00pm

### Junior Girl Scout Badge

#### Science Discovery

Scientists ask questions and find answers. Put your own investigative power to the test. Experiment! Please remember to bring a bag lunch.

#### Meadowside Nature Center

29852 8yrs&up 1 Classes \$35 7/26 Th 10:00am-2:00pm

### Junior Girl Scout Badge Weather Watch

Weather affects your life everyday. Learn to predict it and prepare for it. Please bring a bag lunch and dress for the weather!

#### Meadowside Nature Center

29853 8yrs&up 1 Classes \$35 7/27 F 10:00am-2:00pm

### Boy Scout Forestry Merit Badge

Learn about Eastern Woodlands as we identify local flora, discuss uses of timber and fire as a management tool. Bring a bag lunch.

#### Meadowside Nature Center

29949 8-17yrs 1 Classes \$40 7/10 Tu 10:00am-2:00pm

### Boy Scouts -

#### Mammal Study Merit Badge

Learn about the mammals; discover their role in the environment and how they manage in suburbia. Please bring a bag lunch and dress for the weather.

#### Meadowside Nature Center

29801 8-17yrs 1 Classes \$40 7/11 W 10:00am-2:00pm

### Boy Scout Geology Merit Badge

What makes up the ground we walk on? Why can't we develop a house on any type of land? These are some of the questions we will be addressing as we learn about fossils, rocks, minerals, and soil composition as we tackle the requirements for this badge. Bring a bag lunch.

#### Meadowside Nature Center

29802 8-17yrs 1 Classes \$40 7/12 Th 10:00am-2:00pm

### Boy Scout Chemistry Merit Badge

Learn how we use chemistry to improve our lives' and the health of the planet through hands-on experiments. Please remember to bring a bag lunch.

#### Meadowside Nature Center

29803 8-17yrs 1 Classes \$40 8/15 W 10:00am-3:00pm

### Boy Scouts Soil & Water Merit Badge

Learn about conservation practices and the importance of the water cycle. We will cover soil erosion, water pollution and wildlife management. Bring a bag lunch.

#### Meadowside Nature Center

29804 8-17yrs 1 Classes \$40 8/14 Tu 10:00am-3:00pm

### Boy Scout Nature Merit Badge

Enjoy a taste of nature spanning from geology to birds, and insects to trees as we conquer the requirements for this badge. This merit badge provides a scout the opportunity to sample a variety of environmental science concepts. Bag lunch required.

#### Meadowside Nature Center

29805 8-17yrs 1 Classes \$40 7/13 F 10:00am-2:00pm

### Boy Scouts - Environmental Science Merit Badge

Join us while we study people's impact on the environment and what we can do to reduce this impact as we examine different forms of pollution. Bring a bag lunch and dress for the weather.

#### Meadowside Nature Center

29806 8-17yrs 1 Classes \$40 8/16 Th 10:00am-3:00pm

### Boy Scout Astronomy Merit Badge

Are you lost? Learn how to identify constellations, determine your approximate longitude and latitude, and understand more about how stars are born. We will gaze into the heavens (our planetarium) as we learn about the stars, the moon's topography and other astronomical phenomenon.

#### Meadowside Nature Center

29807 8-17yrs 1 Classes \$40 8/17 F 10:00am-3:00pm





# Summer Programs-Day Camps

Our popular Week in the Park program includes indoor tennis, ice skating, snow sculpting (with or without help from the weather), scavenger hunts, arts and crafts, bubble making, broomball on ice (hockey in shoes, with brooms and tennis balls), nature walks and much more.

## Week In The Park: Full Day

Full day classes are from 9:00-5:00.

### Wheaton In-Line

29299	5-15yrs	5 Classes	\$250	6/18	M-F	9:00am-5:00pm
29300	5-15yrs	5 Classes	\$250	6/25	M-F	9:00am-5:00pm
29302	5-15yrs	5 Classes	\$250	7/9	M-F	9:00am-5:00pm
29301	5-15yrs	5 Classes	\$250	7/16	M-F	9:00am-5:00pm
29303	5-15yrs	5 Classes	\$250	7/23	M-F	9:00am-5:00pm
29304	5-15yrs	5 Classes	\$250	7/30	M-F	9:00am-5:00pm
29305	5-15yrs	5 Classes	\$250	8/6	M-F	9:00am-5:00pm
29306	5-15yrs	5 Classes	\$250	8/13	M-F	9:00am-5:00pm
29307	5-15yrs	5 Classes	\$250	8/20	M-F	9:00am-5:00pm

## Week In The Park: AM

AM camp hours are 9:00-2:00.

### Wheaton In-Line

29308	5-15yrs	5 Classes	\$175	6/18	M-F	9:00am-2:00pm
29309	5-15yrs	5 Classes	\$175	6/25	M-F	9:00am-2:00pm
29311	5-15yrs	5 Classes	\$175	7/9	M-F	9:00am-2:00pm
29310	5-15yrs	5 Classes	\$175	7/16	M-F	9:00am-2:00pm
29312	5-15yrs	5 Classes	\$175	7/23	M-F	9:00am-2:00pm
29313	5-15yrs	5 Classes	\$175	7/30	M-F	9:00am-2:00pm
29314	5-15yrs	5 Classes	\$175	8/6	M-F	9:00am-2:00pm
29315	5-15yrs	5 Classes	\$175	8/13	M-F	9:00am-2:00pm
29316	5-15yrs	5 Classes	\$175	8/20	M-F	9:00am-2:00pm

## Week In The Park: PM

PM camp hours are 12:00-5:00.

### Wheaton In-Line

29317	5-15yrs	5 Classes	\$175	6/18	M-F	12:00pm-5:00pm
29318	5-15yrs	5 Classes	\$175	6/25	M-F	12:00pm-5:00pm
29320	5-15yrs	5 Classes	\$175	7/9	M-F	12:00pm-5:00pm
29319	5-15yrs	5 Classes	\$175	7/16	M-F	12:00pm-5:00pm
29321	5-15yrs	5 Classes	\$175	7/23	M-F	12:00pm-5:00pm
29322	5-15yrs	5 Classes	\$175	7/30	M-F	12:00pm-5:00pm
29323	5-15yrs	5 Classes	\$175	8/6	M-F	12:00pm-5:00pm
29324	5-15yrs	5 Classes	\$175	8/13	M-F	12:00pm-5:00pm
29325	5-15yrs	5 Classes	\$175	8/20	M-F	12:00pm-5:00pm

## Week In The Park - Extended Care

Extended Care for Week In The Park Program.

### Wheaton In-Line

29326	5-15yrs	5 Classes	\$40	6/18	M-F	8:00am-9:00am
29335	5-15yrs	5 Classes	\$40	6/18	M-F	5:00pm-6:00pm
29327	5-15yrs	5 Classes	\$40	6/25	M-F	8:00am-9:00am
29336	5-15yrs	5 Classes	\$40	6/25	M-F	5:00pm-6:00pm
29334	5-15yrs	5 Classes	\$40	7/9	M-F	8:00am-9:00am
29337	5-15yrs	5 Classes	\$40	7/9	M-F	5:00pm-6:00pm
29328	5-15yrs	5 Classes	\$40	7/16	M-F	8:00am-9:00am
29338	5-15yrs	5 Classes	\$40	7/16	M-F	5:00pm-6:00pm
29329	5-15yrs	5 Classes	\$40	7/23	M-F	8:00am-9:00am
29339	5-15yrs	5 Classes	\$40	7/23	M-F	5:00pm-6:00pm
29340	5-15yrs	5 Classes	\$40	7/30	M-F	5:00pm-6:00pm
29477	5-15yrs	5 Classes	\$40	7/30	M-F	8:00am-9:00am
29331	5-15yrs	5 Classes	\$40	8/6	M-F	8:00am-9:00am
29341	5-15yrs	5 Classes	\$40	8/6	M-F	5:00pm-6:00pm
29332	5-15yrs	5 Classes	\$40	8/13	M-F	8:00am-9:00am
29342	5-15yrs	5 Classes	\$40	8/13	M-F	5:00pm-6:00pm
29333	5-15yrs	5 Classes	\$40	8/20	M-F	8:00am-9:00am
29343	5-15yrs	5 Classes	\$40	8/20	M-F	5:00pm-6:00pm

Go to [www.ParkPASS.org](http://www.ParkPASS.org), click on "Advanced Search," and enter "week" in the "Keyword" box.

## Watch "The Parks Show"!

From canoeing on Little Seneca Lake to attending a gardening lecture at Brookside Gardens, "The Parks Show" will help you discover the 401 parks in Montgomery County, and all the fun and educational things you can do in and around them.

The show airs monthly on County Cable Montgomery Channel 6. You can also catch the live streaming video/audio on the web at [www.montgomeryparks.org](http://www.montgomeryparks.org).

### UPCOMING SHOWS

**May: Arbor-iffic!** Arbor Day gives us a chance to celebrate trees. Learn about native trees and how to plant a happy, healthy tree.

**June: A-maze-ing Parks!** Find out about labyrinths and other garden mazes in Montgomery County Parks.

**July: National Parks & Recreation Month** Director of Parks Mary Bradford shares some of her favorite things about the "Big 6" regional/recreational parks in Montgomery County.

**August: Ice Skating-in the Summer?** There's no cooler place to be in the summer than Cabin John Ice Rink or Wheaton Ice Arena. We'll talk with skaters who started out practicing at these rinks, and went on to become national champions!



## Summer Programs-Tennis

### Tennis Camp - Beginner/Beginner Plus

Skills taught at this level, include the following, warm-up exercises, proper racquet use & stroke technique, fundamental hitting skills-grounds, lobs, volleys, serve & over-head skills. Students will learn the basic safety rules, court etiquette, and some of the vocabulary of tennis will be addressed at this level.

#### Cabin John Indoor Tennis

29882	7-12yrs	5 Classes	\$90	6/11	M-F	8:00am-10:00am
29892	7-12yrs	5 Classes	\$90	6/11	M-F	1:00pm-3:00pm
29883	7-12yrs	5 Classes	\$90	6/18	M-F	8:00am-10:00am
29893	7-12yrs	5 Classes	\$90	6/18	M-F	1:00pm-3:00pm
29884	7-12yrs	5 Classes	\$90	6/25	M-F	8:00am-10:00am
29894	7-12yrs	5 Classes	\$90	6/25	M-F	1:00pm-3:00pm
29885	7-12yrs	4 Classes	\$72	7/2	M-Tu,Th-F	8:00am-10:00am
29895	7-12yrs	4 Classes	\$72	7/2	M-Tu,Th-F	1:00pm-3:00pm
29886	7-12yrs	5 Classes	\$90	7/9	M-F	8:00am-10:00am
29896	7-12yrs	5 Classes	\$90	7/9	M-F	1:00pm-3:00pm
29887	7-12yrs	5 Classes	\$90	7/16	M-F	8:00am-10:00am
29897	7-12yrs	5 Classes	\$90	7/16	M-F	1:00pm-3:00pm
29888	7-12yrs	5 Classes	\$90	7/23	M-F	8:00am-10:00am
29898	7-12yrs	5 Classes	\$90	7/23	M-F	1:00pm-3:00pm
29889	7-12yrs	5 Classes	\$90	7/30	M-F	8:00am-10:00am
29899	7-12yrs	5 Classes	\$90	7/30	M-F	1:00pm-3:00pm
29890	7-12yrs	5 Classes	\$90	8/6	M-F	8:00am-10:00am
29900	7-12yrs	5 Classes	\$90	8/6	M-F	1:00pm-3:00pm
29891	7-12yrs	5 Classes	\$90	8/13	M-F	8:00am-10:00am
29901	7-12yrs	5 Classes	\$90	8/13	M-F	1:00pm-3:00pm

### Tennis Camp - Intermediate/Advanced

Skills taught at this level, include the following: understand the fundamentals of tennis skills such as: different strokes, service return, when and where to hit the ball and how to keep score. Ground strokes, lobs, volleys, overheads and baseline rallying, as well as developing a strong understanding of tennis strategy and etiquette will be introduced at this level.

#### Cabin John Indoor Tennis

29858	7-12yrs	5 Classes	\$90	6/11	M-F	10:00am-12:00pm
29868	7-12yrs	5 Classes	\$90	6/11	M-F	3:00pm-5:00pm
29859	7-12yrs	5 Classes	\$90	6/18	M-F	10:00am-12:00pm
29869	7-12yrs	5 Classes	\$90	6/18	M-F	3:00pm-5:00pm
29860	7-12yrs	5 Classes	\$90	6/25	M-F	10:00am-12:00pm
29870	7-12yrs	5 Classes	\$90	6/25	M-F	3:00pm-5:00pm
29861	7-12yrs	4 Classes	\$72	7/2	M-Tu,Th-F	10:00am-12:00pm
29871	7-12yrs	4 Classes	\$72	7/2	M-Tu,Th-F	3:00pm-5:00pm
29862	7-12yrs	5 Classes	\$90	7/9	M-F	10:00am-12:00pm
29872	7-12yrs	5 Classes	\$90	7/9	M-F	3:00pm-5:00pm
29863	7-12yrs	5 Classes	\$90	7/16	M-F	10:00am-12:00pm
29873	7-12yrs	5 Classes	\$90	7/16	M-F	3:00pm-5:00pm
29864	7-12yrs	5 Classes	\$90	7/23	M-F	10:00am-12:00pm
29874	7-12yrs	5 Classes	\$90	7/23	M-F	3:00pm-5:00pm
29865	7-12yrs	5 Classes	\$90	7/30	M-F	10:00am-12:00pm
29875	7-12yrs	5 Classes	\$90	7/30	M-F	3:00pm-5:00pm
29866	7-12yrs	5 Classes	\$90	8/6	M-F	10:00am-12:00pm
29876	7-12yrs	5 Classes	\$90	8/6	M-F	3:00pm-5:00pm
29867	7-12yrs	5 Classes	\$90	8/13	M-F	10:00am-12:00pm
29877	7-12yrs	5 Classes	\$90	8/13	M-F	3:00pm-5:00pm

## Want to Be a Camp Counselor?

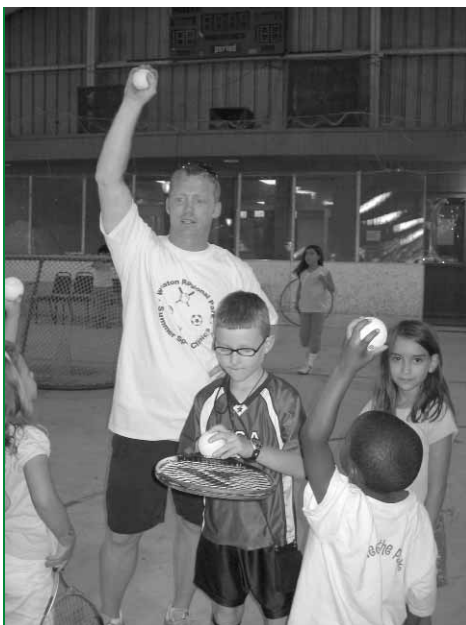
Are you good with kids? Like lots of variety and challenge in your workday?

Come work with the Montgomery County Department of Parks as a Camp Counselor!

We're always looking for good people 17 years of age or older with experience working in children's camps. Physical Education, Recreation and/or Education majors are especially welcome.

Good pay and a whole lot of fun are waiting for you! Email our Manager of Camps and Special Programs at [robert.elmore@mncppc-mc.org](mailto:robert.elmore@mncppc-mc.org) today.

Volunteer positions are also available.





## How to Register for a Summer Camp or Program

### 1) Set-Up Your ParkPASS Account:

- a. Visit [www.parkpass.org](http://www.parkpass.org) to set-up your account online (Note: May take up to 48 hours for your account to be activated.)
- b. Contact the ParkPASS Help Desk at 301-495-2580, M-F between the hours of 10am-2pm
- c. Or, visit one of our ParkPASS facilities (see listings p. 79).

### 2) Register for a specific class or program:

- a. Register online, 24 hours a day, 7 days a week at [www.parkpass.org](http://www.parkpass.org).
- b. Register by mail
  - Fill out the registration form located at the back of the GUIDE & mail it to the appropriate ParkPASS facility.
- c. Register through our Phone Registration system (Not available for all programs)
  - Call 301-962-1477
  - You must have the barcode and Account Pin for each client you wish to register
- d. Register in Person
  - Visit any of our ParkPASS facilities (see listings on p. 103)

### 3) Fill-Out Participant Information Forms (Required for ALL Participants):

All participants registering for the above summer programs must complete a participant profile form. If a participant will require medication during one of our program sessions, a medication form must also be completed. All completed forms must then be submitted to the facility offering the class or program.

- a. Download forms from our website
  - Download & print-out the required forms at [www.ParkPASS.org](http://www.ParkPASS.org)
  - Submit them via fax, mail, or in person to the appropriate ParkPASS facility.
  - Copies are acceptable
- b. Pick up a copy of the forms at one of our ParkPASS facilities
  - Submit them via fax, mail, or in person at the appropriate ParkPASS facility.
  - Copies are acceptable

### Camp Refund Policy

In the event that M-NCPPC cancels a Summer Camp Program, you will be notified and will receive a full credit on your ParkPASS account or, at your request, a full refund.

In order to withdraw from a M-NCPPC Summer Camp Program you must do the following:

- 1) For programs that do NOT involve off-site trips, submit a written request to the hosting facility at least 2 weeks prior to the start of the program. You may elect to receive a full credit to your ParkPASS account for future programs, or a refund less a 20% Refund administrative Fee. If your written request is received within the 2 week period before the start of the program, NO credit or refund will be issued.
- 2) For programs that involve offsite trips, submit a written request to the hosting facility at least 2 weeks prior to the start of the program. If the facility is able to 'fill' your spot from the program's waitlist, you may elect to receive a full credit to your ParkPASS account for future programs, or a refund less a 20% Refund Administrative Fee. If the facility is unable to 'fill' your spot, NO credit or refund will be issued.

All refunds will be issued to the payer in the same form (check or charge) as the payment was received. Check refunds may take 2-4 weeks to process.



# Planning, Preserving and Developing Montgomery County

YOUR QUALITY OF LIFE IS OUR PRIORITY

## WHERE YOU CAN FIND MORE INFORMATION

A variety of divisions within the agency engage community leaders, residents and developers to guide the county's development. For more specific information on planning and development in Montgomery County:

### GENERAL INFORMATION

301-495-4610

### COMMUNITY-BASED PLANNING

301-495-4555

### DEVELOPMENT REVIEW

301-495-4595

### ENVIRONMENTAL PLANNING

301-495-4540

### HISTORIC PRESERVATION

301-563-3400

### RESEARCH AND TECHNOLOGY

301-650-5600

### STRATEGIC PLANNING

301-495-4500

### TRANSPORTATION PLANNING

301-495-4525

■ Para más información  
en español por favor  
llame al 301-495-4612.

## About County Parks...

The Maryland-National Capital Park and Planning Commission is dedicated to fostering an excellent quality of life for those who live and work in Montgomery County. The commission plans, acquires, develops, maintains and operates the county's highly acclaimed park system. That system features more than 33,000 acres of parkland and, as of early 2007, 401 parks. Two-thirds of county regional parks remain undeveloped to help protect natural resources.

## Protecting the Land...

More than two decades ago, Montgomery County officials preserved a 93,000-acre Agricultural Reserve in one of the nation's most ambitious conservation projects near an urban area. More generally, the county's Planning Board and professional planning staff works to place development close to mass transit systems to retain open space, combat traffic congestion and create desirable communities.

## Master Plans...

To create hassle-free roads, consider new development projects, create parks and open space, and preserve historic landmarks, county planners and the Planning Board draft master plans that balance the mix of community needs for future growth. All master plans include extensive outreach to the community. If your community's master plan is getting underway (see box), and you would like to participate, contact the Community-Based Planning Division at (301) 495-4555.

## Planning Board meetings...

The Montgomery County Planning Board holds public meetings on most Thursdays to review potential development projects and make land use decisions. We actively invite the community to participate and testify during public hearings. For more information, call (301) 495-4600 or visit [www.mc-mncppc.org](http://www.mc-mncppc.org).

## What's coming up?

The master plans for the following communities are underway:

- > Twinbrook
- > Gaithersburg
- > Germantown
- > White Flint
- > Kensington/University Boulevard
- > Westbard
- > Wheaton CBD/Georgia Avenue
- > Takoma/Langley Crossroads

For more detailed information, including a schedule, call 301-495-4555

## THE MONTGOMERY COUNTY PLANNING BOARD

Royce Hanson, *Chairman*  
Wendy Perdue, *Vice-Chairman*

Allison Bryant, Ph.D.  
John Robinson  
Meredith Wellington



# Summer Fun in the Parks!

## Splash Playground

### South Germantown Recreational Park

Cool down in our fun splash playground!

301-601-3580

[www.sgermantownsplashandgolf.com](http://www.sgermantownsplashandgolf.com)

## Mini-Golf

### South Germantown Recreational Park

Play 18 holes of championship miniature golf!

301-601-3580

[www.sgermantownsplashandgolf.com](http://www.sgermantownsplashandgolf.com)

## Boat Rentals

### ◆ Rock Creek Regional Park

Rent paddleboats, canoes, and rowboats

75-acre Lake Needwood!

301-948-0501

[www.lakeneedwoodboats.com](http://www.lakeneedwoodboats.com)

### ◆ Black Hill Regional Park

Explore our 505-acre Little Seneca Lake!

Rent kayaks, canoes and rowboats, or

take a pontoon tour. | 301-972-6157

[www.blackhillboats.com](http://www.blackhillboats.com)

## Miniature Trains / Carousel

### ◆ Cabin John Regional Park

A fun ride for children of all ages!

301-469-7835

[www.cabinjohntrain.com](http://www.cabinjohntrain.com)

### ◆ Wheaton Regional Park

Take a train tour of the park or a ride

on our musical carousel!

301-942-6703

[www.wheatontrainandcarousel.com](http://www.wheatontrainandcarousel.com)

## Camping

### Little Bennett Campground

91 private wooded sites with 20 miles

of trails! | 301-972-9222

[www.littlebennettcampground.com](http://www.littlebennettcampground.com)



**Montgomery  
Parks**  
M-N-C-P-P-C

*It's all right here!*

[www.montgomeryparks.org](http://www.montgomeryparks.org)



## Montgomery Parks

Maryland-National Capital Park and Planning Commission

### Before You Register

- Open a ParkPASS account (go to [www.ParkPASS.org](http://www.ParkPASS.org))
- Identify the program information (course number is needed)

### Ready to Register?



#### By Internet

Internet registration is available 24 hours a day starting at 7am on the 1st day of registration. Know your Customer Number and Account PIN and visit [www.ParkPASS.org](http://www.ParkPASS.org). You may view classes and activities, sign up, make a payment, and view your family's current registrations.



#### In person or by mail or fax

Complete the registration form. You may take the completed registration form in person to any of our ParkPASS facilities. Or you may mail or fax the registration form to the facility offering the program (copies are acceptable). Faxed registrations require credit card payment. A listing of the facility addresses, faxes, and phone numbers is on page 91.



#### By phone

Touch-tone telephone registration is available 24 hours a day starting at 7am on the first day of registration. Call 301-962-1477 and follow the prompts.

### Questions?

If you have a question about a specific class or activity, call the facility offering the program (see page 99 for facility phone numbers). If you have a question about the ParkPASS system, call our ParkPASS Help Desk, Monday-Friday, 10am-2pm, at 301-495-2580 or e-mail the Help Desk at [mcp-parkpasshelp@mncppc-mc.org](mailto:mcp-parkpasshelp@mncppc-mc.org).

### Confirmation

Confirmation letters will not be mailed. If a class is full, you will receive a phone call asking if you want to a) be placed on the waitlist, b) choose another class, or c) cancel your request. If you wish to confirm your registration, please contact the facility directly (see facility listings on p.103)

### Payment Information

- Full payment must be made at the time of registration.
- VISA or MasterCard are accepted. Registration form must include correct credit card number, expiration date, authorized signature, and authorized amount.
- Make checks and money orders payable to M-NCPPC. Checks and money orders must include name, address, home and work phone numbers, driver's license number, and participant's full name. A \$35 fee will be charged for all returned checks.
- Financial assistance - A 50% fee reduction on programs is available to eligible Montgomery County residents. See [www.ParkPASS.org](http://www.ParkPASS.org) for information and application form.
- If you don't want to use a credit card, you may stop by any of our ParkPASS facilities (listed on page 103) and register in person or make a payment on your account. Those funds will then be available to you next time you call or log on to register using ParkPASS.
- Rest assured that your account information is secure. M-NCPPC uses the latest in payment security. Collection and retention of customer information is confidential. We do not give, share, sell, transfer, or rent any personal information to third parties.

### Refund Policy

In the event that M-NCPPC cancels a program, you will be notified and will receive a full credit on your ParkPASS account or, at your request, a full refund.

In order to withdraw from a program, submit a written request to the hosting facility. If it is received at least one business day before the program begins, you may elect to receive a full credit to your ParkPASS account for future programs, or a refund less a 20% Refund Administrative Fee. For programs with fees less than \$10, you will receive a credit to your ParkPASS account only; no refunds will be given.

If your written withdrawal request is received the day of the program, no refund will be given for that class. If the program has multiple classes and you submit a written request after the 1st class, you will receive a credit to your ParkPASS account or a refund for the remaining classes less a 20% Refund Administrative Fee. No credit or refund will be issued after the 2nd class in a series.

No refund or credit will be issued for classes missed by the participant. No refund requests will be considered after the last scheduled date of the program.

All refunds will be issued to the payer in the same form (check or charge) as the payment was received. Check refunds may take 3-4 weeks to process.

Some activities have different refund/withdrawal policies that supersede this standard policy.



# INFORMATION

## Montgomery County Recreation Department

### Five Ways to Register



**RecWeb** Online registration at <http://recweb.montgomerycountymd.gov>.



**STARline** members may register by using our telephone automated registration system. STARline registration number is 240-777-8277.



**Fax 240-777-6818**

Faxed registrations must be paid by VISA or MasterCard. Due to high volume, we are unable to confirm receipt of faxes. To avoid duplication, do not mail your original form.



**Mail or drop off**



**Full Service in person**

Montgomery County Recreation Department  
Attention: Registrar  
4010 Randolph Road  
Silver Spring, MD 20902-1099

Phone: 240-777-6840

Monday-Friday, 8:30am-5:00pm

Registration is also available at all Regional Service Centers (see listing on page 99).

### Payment Information

- Full payment must be made at time of registration. Do not submit registrations and/or payments to the instructor at the program. (See *Five Ways to Register*, at left.)
  - Non-county residents must pay an additional \$10.00 per participant per activity.
  - Make checks and money orders payable to MCRD. Checks and money orders must include name, address, home and work telephone numbers, driver's license number, and participant's full name. VISA or MasterCard payments are accepted. Registration form must include correct credit card number, expiration date, authorized signature, and authorized amount.
  - Financial assistance is available to county residents who are recipients of assistance from other Montgomery County agencies. Eligibility is based on proof of that assistance. A financial assistance application form may be picked up at any recreation office, community center, or swim center. You may also obtain an application by calling 240-777-6840; or through the Internet: [montgomerycountymd.gov/rec](http://montgomerycountymd.gov/rec).
  - The Department of Recreation reserves the right to pursue all available options to collect any funds owed as the result of a dishonored check or credit card, charges incurred due to unsubstantiated credit card disputes, or any outstanding debt.
- If your check is returned unpaid, your account will be debited electronically for the original check amount and electronically or via paper for the state's maximum allowable service fee. Payment by check constitutes authorization of these transactions. You may revoke your authorization by calling 800-666-5222 ext. 2 to arrange payment due for any outstanding checks and service fees due.

**Cancellation Policy:** The Montgomery County Department of Recreation (MCRD) holds programs in Department community, senior and aquatic centers, public schools, park facilities and private facilities. The cancellation of MCRD scheduled programs is determined by the Community Use of Public Facilities (CUPF) and is announced on WTOP FM 103.5 and AM 820 and WMAL AM 630. Weekdays and weekends when schools community activities are closed due to weather conditions or other emergencies all programs are cancelled, regardless of facility. Announcements will be made on the radio stations noted above. Community centers and Aquatic centers will open for drop-in activities as conditions permit. Please call the centers directly for information. The MCRD program message line is 240-777-6889. This recording will be updated regarding cancellations for MCRD classes, activities and sports programs.

### Withdrawal and Refund Guidelines

The withdrawal and refund policy pertains to all Recreation Department programs unless otherwise noted in the program description or facility rental agreement.

Withdrawal Request Received:	Submit a <u>Written Request</u> :	Withdrawal Fee Charged:
Eight (8) days or more before the start date of the program...	Mail: MCRD, Attention Refund Request 4010 Randolph Road, Silver Spring, MD 20902 Fax: 240-777-6818 E-mail: <a href="mailto:rec.refund@montgomerycountymd.gov">rec.refund@montgomerycountymd.gov</a> Online: <a href="http://recweb.montgomerycountymd.gov">recweb.montgomerycountymd.gov</a>	No Fee
Seven (7) days or less before the start date of the program...	By mail, fax, or e-mail. Online withdrawal not available	\$20 Fee per program
On or after the start date of the program...	By mail, fax, or e-mail. Online withdrawal not available.	\$20 Fee per program plus a pro rated charge for the number of classes that have met.
After the last scheduled date of the program...	No requests will be considered.	No Refund

If the Department cancels a program, changes a location or time and you cannot attend, or the program is full, you will receive a full credit to your Recreation Department account or a refund.

Your written request must include the participant's name, payer's name, address, phone number, course number, and reason for withdrawal. All credits will be posted to your Recreation Department account unless a refund is specifically requested.

All refunds will be issued to the payer in the same form (check or charge) as the payment was received. Refunds will be processed within 2-3 weeks of receipt of your written request.

# Two Separate Agencies One Registration Form



Read our Detailed  
Registration Information

(on pages 146 and 147)



This form may be duplicated.

# Registration Form



Save Time  
Register Online

## Main Contact

Last Name		
First Name	Middle Initial	
Birth Date	Gender	
Street Address		
City	State	ZIP
Home Phone	Work Phone	
Cell Phone	Email	

## Additional Family Members

Last Name	First Name	Birth Date mm/dd/yy	Gender M/F	Grade
1)				
2)				
3)				

## Payer Information (Name)

Address		Phone
City	State	Zip

## SIGN UP BELOW FOR RECREATION PROGRAMS (Blue Section) ONLY

You must submit separate registrations and payment for Recreation and Parks programs!

RECREATION

Participant's Name (last, first)	Birth Date	Gender m/f	School Attending	Class/Activity Title	Course Number	Location	Start Date	Start Time	Recreation Dept. Fee

- ☐ Check or Money Order payable to **MCRD**  
Attn: Registrar, 4010 Randolph Road, Silver Spring, MD 20902

If you are a non-resident, include an additional \$10 per participant for each activity:

- ☐ MasterCard or Visa Cardholder Name (print) \_\_\_\_\_

**RECREATION** Programs Fee Total:

Number \_\_\_\_\_ Exp date \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

If paying by credit card, you may **fax** your registration form to **240-777-6818**. If you need help completing the Recreation portion of this form, please call 240-777-6840.

## SIGN UP BELOW FOR PARKS PROGRAMS (Green Section) ONLY

You must submit separate registrations and payment for Recreation and Parks programs!

PARKS

Participant's Name (last, first)	Birth Date	Gender m/f	Class/Activity Title	Course Number	Location	Start Date	Start Time	Parks Fee

- ☐ Check or Money Order payable to **M-NCPPC** (Please mail to the ParkPASS facility offering the program. See page 103 for facility listings.)

- ☐ MasterCard or Visa Cardholder Name (print) \_\_\_\_\_

**PARKS** Programs Fee Total:

Number \_\_\_\_\_ Exp date \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

If paying by credit card, you may **fax** your registration form to **the ParkPASS facility offering the program**. Listing on page 99.

The participant assumes all risks associated with participation in the program. MCRD & M-NCPPC assume no liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, MCRD & M-NCPPC encourage each participant to consult his or her physician concerning fitness to participate in the program. The participant consents to emergency treatment. The participant also consents to MCRD & M-NCPPC use of any photographs taken or video tapes made of the program. If the participant is a minor, the parent or guardian approves his or her participation in the program. Neither the instructor nor any of the staff are responsible for children prior to or after the scheduled program.

Participant or Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_



# Montgomery County Celebrates July 4th

## Wheaton Sparkles

Einstein High School  
11135 Newport Mill Road  
Kensington, MD

- ★ 7:30pm Live music, children's games
- ★ 9:15pm Fireworks

For questions including parking and shuttle bus information please call 240-777-8115.

## Germantown Glory

South Germantown  
Recreational Park  
18041 Central Park Circle  
Boyd's, MD

- ★ 4:00pm Family activities
- ★ 7:30pm Patriotic concert featuring favorite American music
- ★ 9:30pm Fireworks

**Entertainment \* Fireworks \* Fun  
FREE**

For information, call 240-777-6820, [montgomerycountymd.gov/rec](http://montgomerycountymd.gov/rec)



Montgomery County  
Department of Recreation  
4010 Randolph Road  
Silver Spring, Maryland  
20902

PRSR STD  
US Postage Paid  
Rockville, MD  
Permit No.138



Montgomery County Recreation  
Department recycles paper, bottles,  
and cans in our programs.

or current resident